

## YOUR DONATIONS

### Your donations...

- Addressed the needs of thousands of families last year.
- Communicated with 29,000 people via newsletters and e-newsletters.
- Provided information to more than 1.59 million people in 2009 via [www.StopSADS.org](http://www.StopSADS.org).
- Helped 300+ volunteers reach out to schools and communities.
- \$25 will provide an educational packet to four families.
- \$50 will provide volunteers SADS packets to give to six school nurses.
- \$100 will provide 200 newsletters for physicians and/or families.



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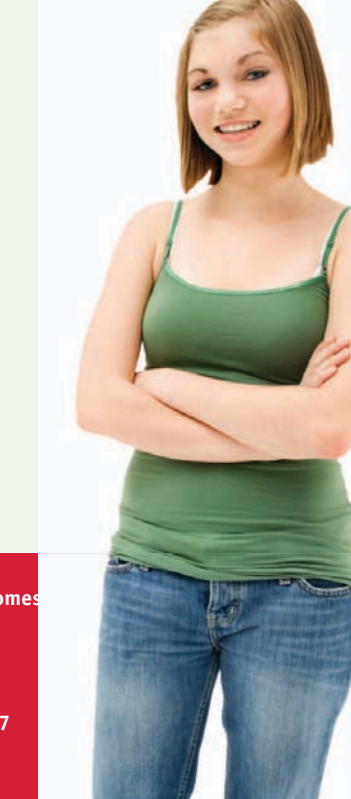
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## Supporting families.

## Saving Lives.



## WARNING SIGNS

### SADS Warning Signs

- Family history of unexpected, unexplained sudden death in a young person under age 40 – including drowning suddenly
- Fainting (syncope) or seizure during exercise, excitement, or startle (i.e., alarm clock)
- Consistent or unusual chest pain and/or shortness of breath during exercise

### SADS Foundation Mission:

To save the lives and support the families of children and young adults who are genetically predisposed to sudden death due to heart rhythm abnormalities.



Sudden Arrhythmia Death Syndromes (SADS) Foundation  
508 E. South Temple, Suite 202  
Salt Lake City, UT 84102  
1-800-STOP SAD or 801-531-0937  
[www.StopSADS.org](http://www.StopSADS.org)

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## IN THE BEGINNING

In 1991, a group of scientists headed by Drs. Michael Vincent and Mark Keating at the University of Utah isolated the chromosomal location for the first gene known to cause the Long QT Syndrome. This was a landmark discovery in the study of unexplained sudden death in the young. This breakthrough confirmed suspicions that LQTS was more common than once believed. As doctors learned more, it became clear the syndrome was widely misdiagnosed.

The SADS Foundation was established in 1991 by Dr. Michael Vincent and his colleagues at the University of Utah. Dr. Vincent believed that the SADS Foundation was a "better way" to increase awareness about Long QT and save more young lives.

For more than 19 years, the SADS Foundation has provided information, support and hope to thousands of families with children living with the threat of unexpected, sudden death and is a leader in education, research and advocacy for families and children with genetic heart arrhythmias that can cause sudden death.



## FACTS ABOUT SUDDEN CARDIAC DEATH

- Each year in the United States, approximately 4,000 children and young adults die suddenly and unexpectedly due to cardiac arrhythmias. Most of these deaths are due to hereditary conditions
- These conditions include Long QT Syndrome (LQTS), Arrhythmogenic Right Ventricular Dysplasia (ARVD), Brugada Syndrome, Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT), and others.
- 10-12% of SIDS deaths are due to Long QT Syndrome
- Long QT Syndrome is at least three to four times more common than childhood leukemia in the United States
- Most cardiac arrhythmias and structural defects that may cause sudden death in the young are identifiable and treatable. With treatment, people with these conditions often have normal lifespans and lifestyles.

References for the above are available online.



## WHAT WE DO

### Innovative Programs

**Patient/Family Support:** provide information, resources and consultation to assist patients and their families so they can make informed medical decisions in order to help them live and thrive with heart rhythm conditions.

**Awareness:** increase the general public's knowledge of the warning signs of SADS conditions through distribution of materials, our website, conferences and health fairs.

**Advocacy and Research:** advocate for increased research for genetic arrhythmias, screening and treatment improvements.

**Medical Professional Outreach:** provide information and tools to assist health professionals (especially focused on primary care) to recognize, diagnose and treat SADS conditions.

**SADS Awareness Campaign:** annual outreach campaign to communities and the media to increase awareness of the warning signs of SADS conditions.

**Family Pedigree Project:** help SADS families complete their family pedigree to identify others at risk.

**SADS Safe Schools:** prepare and distribute materials to school nurses, staff, teachers and coaches to keep SADS children safe at school.

**Volunteers:** utilize volunteers across the country for outreach, education and advocacy campaigns to maximize our resources and save lives.

## HOW YOU CAN HELP

**Donate -** SADS relies on donations to support our programs. We hope you can contribute to our life-saving efforts. As a SADS donor, you will join a community of people committed to preventing sudden cardiac deaths in young people.

- I would like to contribute a gift of \$\_\_\_\_\_
- I have enclosed a check payable to the SADS Foundation.

Charge my:  Mastercard  Visa  AmEx

Card number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

You can also donate online at [www.StopSADS.org](http://www.StopSADS.org).

**Volunteer -** The SADS Foundation relies on volunteers throughout the country to increase awareness about cardiac arrhythmias, reach out to physicians, school nurses, coaches and others and support Foundation community programs. We are always looking for interested people and the talents they bring.

- I would like to volunteer

**Find out more -** The SADS Foundation has a variety of educational materials including posters, brochures, fact sheets, articles and newsletters. Many of these materials can be found on our website at [www.StopSADS.org](http://www.StopSADS.org). You can also follow us on Facebook and Twitter.

- I would like more information and would like to receive SADS Foundation newsletters.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone, home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_

Please return this form to the SADS Foundation, 508 E. South Temple, Suite 202, Salt Lake City, UT 84102.