YOU'VE THOUGHT ABOUT THEIR HEADS. **WHAT ABOUT THEIR HEARTS?**

SUDDEN CARDIAC ARREST **ISN'T JUST AN ADULT THING.**

SIMON'S Heart

IT'S THE NUMBER ONE CAUSE OF DEATH OF STUDENT ATHLETES.

Here are the things to look out for:

1. Fainting or seizures during or immediately after exercise
2. Shortness of breath
3. Unusually rapid heart rate (racing heart)
4. Chest pains
5. Dizziness
6. Extreme fatigue
7. Unexplained death of a family member under 50 (e.g. SIDS, drowning, auto accident)

For more information, **visit SIMONSheart.org**

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ACRONYMS SAVE LIVES.

If your friend is funny, you ROTFL. When he does something crazy, it's OMG. **WHAT IS IT WHEN SHE COLLAPSES AND DOESN'T RESPOND?**

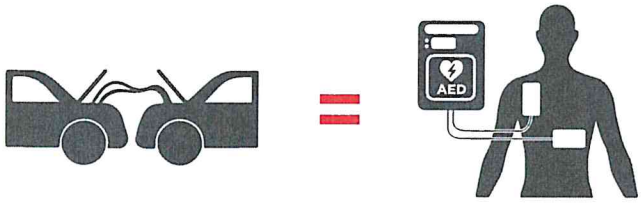
SCA

Sudden cardiac arrest is what happens when the heart stops beating, suddenly and unexpectedly. SCA takes the lives of thousands of students every year and is the #1 CAUSE OF DEATH OF STUDENT ATHLETES. Use your hands and your acronyms.

CALL 911. DO CPR. GET AED.

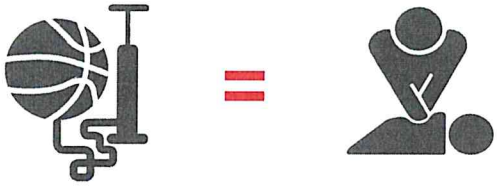
AED

An automated external defibrillator is the ONLY device that can save someone in cardiac arrest. It checks the heart and delivers a shock, if needed. It tells you exactly what to do, so if you can jump a car, you can jump a heart.



CPR

Chest compressions keep blood and oxygen moving to our organs. Have you ever pumped up a ball? Same thing. Push... push... push... 100 times per minute. Do this until help arrives.



Be a BFF. Learn these acronyms. **SAVE A LIFE.**

A FACT SHEET **FOR STUDENTS**

ARE YOU SITTING DOWN TO READ THIS?

Then your heart is probably beating around 80 beats per minute. That's average for a resting teenager.

IF YOU START DOING SPRINTS, IT CAN GO ABOVE 200 BEATS PER MINUTE!

Your heart is a crazy piece of equipment. Every day, IT **BEATS ABOUT 100,000 TIMES** and **PUMPS 2,000 GALLONS** of blood. That's like 12,800 regular sized bottles of Gatorade a day!

CAN YOU THINK OF ANY OTHER MACHINE OR DEVICE THAT WORKS THIS HARD AND NEVER STOPS? WE CAN'T.

Well, the heart can stop and it's never good when it happens. It's called Sudden Cardiac Arrest. Despite what you may have heard, it's not just an adult thing. It is the **#1 CAUSE OF DEATH OF STUDENT ATHLETES** and it takes the lives of thousands of children every year .

SUDDEN CARDIAC ARREST OCCURS WHEN THE HEART STOPS BEATING, SUDDENLY AND UNEXPECTEDLY. It just stops pumping blood and you collapse.

This means that nothing in your body is getting blood or oxygen. What happens to a car that runs out of gas? How about a plant that doesn't get water? Exactly.

GOOD NEWS! THERE ARE WARNING SIGNS.

1. Fainting or seizure during or right after exercise.
2. Unexplained shortness of breath.
3. Dizziness.
4. Extreme Fatigue.
5. Racing Heart.

We know if you're exercising, you get tired, your heart beats faster and you're short of breath. So, how can you tell?

PAY ATTENTION TO YOUR BODY, YOU KNOW IT BEST. Does it take too long to catch your breath? Are you dizzy at strange times? Does your heart race when you're not working hard? Are you always exhausted? **YOUR HEART MAY BE STRUGGLING TO DO ITS JOB.**

There's something else you should know about **YOUR FAMILY**. Has anyone ever died... If the cause of death is unknown, **IT COULD BE HEART RELATED.**

WHAT TO DO? If you feel any of these symptoms, talk to your parents, coach and family doctor. Most of the heart conditions that cause sudden cardiac arrest can be detected and treated!