

WHAT IS SUDDEN CARDIAC ARREST?

Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens.

When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having a seizure.



SCA leads to death in minutes if the person does not get help right away. Survival depends on people nearby calling 911, starting CPR¹, and using an AED² (if available) as soon as possible.

SCA is a leading medical cause of death under 25, the #1 killer of student athletes and the leading cause of death on school campuses.

Each year thousands of children, teens and young adults suffer SCA from an undetected heart condition, which studies show is present in 1 in 300. SCA can also be caused by a blunt blow to the chest or an underlying heart infection. Each triggers a fatal heart rhythm—an electrical malfunction—that causes the heart to stop. SCA is not a heart attack, which results from impeded blood flow, typically occurring in adults over 35.

¹CPR: Cardiopulmonary resuscitation is when you push hard and fast on the center of chest to make the heart pump; compressions may be given with or without rescue breaths.

²AED: Automated external defibrillator is a device that analyzes the heart and if it detects a problem may deliver a shock to restart the heart's normal rhythm.



BECOME A MEMBER OR FRIEND

Your commitment to promoting SCA and SCD awareness in your community is greatly needed. Parent Heart Watch has the knowledge, experience, information, and resources you need to change practices in your community.

- Meet thought-leaders and experts who can help advance your cause
- Learn best practices to drive prevention programs
- Connect with like-minded people who've been affected by SCA
- Use members-only toolkit with insider information
- Make your community advocacy part of a national movement
- Participate in SCA-related research and pilot programs

*Together We Will Create
a Culture of Prevention*



Parent Heart Watch.

THE NATIONAL VOICE
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

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Creating a Culture of Prevention



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WHO WE ARE

Parent Heart Watch (PHW) is the only national organization solely dedicated to protecting youth from sudden cardiac arrest (SCA) and preventable sudden cardiac death (SCD). PHW leads and empowers others by sharing information, educating and advocating for change.



Founded in 2005, PHW members across the country include parents who have lost a child to SCA or have a surviving child living with a heart condition, young SCA survivors, medical practitioners, allied health professionals and passionate advocates who work tirelessly in their communities to prevent SCA in youth.



VISION 2030

TO ELIMINATE PREVENTABLE DEATHS
From Sudden Cardiac Arrest in Youth by 2030



OUR FOCUS

- Awareness of SCA and its incidence in youth
- Recognition of warning signs and family risk factors
- Early detection of heart conditions through preventative screenings that include an EKG
- Training in CPR and AED use
- Widespread & proper placement of AEDs
- Written and well-practiced cardiac emergency response planning anywhere youth congregate
- Mandatory & systematic registry on SCA and SCD in youth

WHAT YOU CAN DO



Sudden Cardiac Death
in youth is **preventable!**

**TAKE THE
PREVENTION
PROMISE**
ParentHeartWatch.org

HEART HISTORY Flag family heart issues and take a pediatric cardiac risk assessment with your child

EDUCATE Learn about warning signs, preventative screenings, and how to create heart-safe communities where our youth congregate

ADVOCATE Share videos and free educational materials, support legislation, follow us on social media and join Parent Heart Watch to be part of our change-making initiatives

RESPOND Know the Cardiac Chain of Survival, learn hands-only CPR, how to use an AED and implement a Cardiac Emergency Response Plan at your school and on your team

TALK Facilitate a presentation in your community or professional association, ask your child's coaches, counselors and caregivers if they see warning signs, communicate with your health care provider

SCREEN Get an EKG screening for your child every two years, or immediately if warning signs and risk factors are present