

Young Athletes & Sudden Cardiac Arrest (SCA)

Of the more than 350,000 deaths that occur as a result of SCA each year, you might assume that only older adults need worry about this deadly condition. Think again. Sudden cardiac arrest is the leading cause of death in young athletes.¹ Most often, the death occurs during athletic training or competition.¹

What is SCA?

Often just called cardiac arrest, **sudden cardiac arrest** occurs suddenly and often without warning. Electrical problems in the heart cause a dangerously fast heart rate that interrupts blood flow. With pumping disrupted, the heart cannot pump blood to the body's vital organs. Within seconds, a person loses consciousness and has no pulse.

Hypertrophic cardiomyopathy (HCM) is the leading cardiovascular cause of SCD (36%) in young athletes.² (HCM is a disease that causes thickening of the heart muscle.) If SCA is not treated immediately, it can lead to sudden cardiac death (SCD) within minutes.

The average age when SCD occurs in young athletes is 17.5 years.³

Let's talk about why, as parents we need to act now:

1. Hypertrophic cardiomyopathy typically does not present symptoms.
2. Without cause or student symptoms, medical clinics/ pediatricians will not perform the costly screening to evaluate student athlete hearts as *preventative* medical practice.
3. CHISD is hosting our first ever **student athlete cardiac screening event**, which includes a 12 lead electrocardiogram and a limited 2-D echocardiogram.

By: Championship Heart Foundation

Student eligibility: male or female students, between 14 and 18 years of age (8th graders that are 6 months from their 14th birthday are eligible for screening as well)

When: Thursday November 29th, 9am until 3pm, during regular school hours

Where: Central Heights ISD, Middle School/ High School campus- exact location to be announced.

Price: Free service* note: a tax deductible donation of \$50.00 per student helps to not only ensure a future relationship with the Championship Heart Foundation, but also ensures continued growth and outreach for our student athlete cardiac preventative health.

Sign up today, only 100 spots available.

[Click here to register for the heart screening on](#)

[11/29/2018.](#)

4. By donating you are helping to ensure future student athlete cardiac screening...and, ultimately, helping save lives.

After your student ticket confirmation number is received, please go back to the home page and click on the "[please click here to contribute to the sponsor fund](#)" link if you are willing to contribute. You will receive a tax ID number at that transaction (write it down for your records), your donation number will be emailed directly if donation is made electronically.

Thank you, Nurse Debbie Glymph
Central Heights ISD District Nurse

1. Drezner, Jonathan, et al. Inter-Association Task Force Recommendations on Emergency Preparedness and Management of Sudden Cardiac Arrest in High School and College Athletic Programs: A Consensus Statement. Heart Rhythm Society. 2007;4:549-565.

2. Maron, Barry J., et al. Relationship of Race to Sudden Cardiac Death in Competitive Athletes with Hypertrophic Cardiomyopathy. Journal of the American College of Cardiology. 2003;41:974-980.

3. Maron, Barry J., et al. Profile and Frequency of Sudden Deaths in 1,463 Young Competitive Athletes: From a 26-year U.S. National Registry, 1980-2005. Minneapolis Heart Institute Foundation. [poster];2006.

Close the gap: Health equity for life, Young athletes and sudden cardiac arrest. Retrieved 10/20/2018 from Boston Scientific Corporation, Per Debra Glymph, RN, CHISD District Nurse
<https://www.your-heart-health.com/content/close-the-gap/en-US/heart-disease-facts/young-athletes.html>

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