



Sudden Cardiac Arrest Awareness

What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) occurs suddenly and often without warning. The heart stops beating due to an electrical malfunction. Blood flow is stopped to the brain, lungs and other vital organs which leads to the person losing consciousness and has no pulse. Death occurs within minutes if not treated immediately. SCA is not a heart attack. Although, a heart attack can cause SCA.

What are the causes of sudden Cardiac Arrest?

Inherited (passed on from family)

- Hypertrophic Cardiomyopathy
- Arrhythmogenic Right Ventricular Cardiomyopathy
- Marfans syndrome
- Long QT syndrome

- Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome

Non-Inherited

- Coronary Artery abnormalities
- Aortic valve abnormalities
- Non-compaction Cardiomyopathy

- Woff-Parkinson-White Syndrome

Conditions not present at birth

- Commotio Cordis
- Myocarditis

Recreational/Performance- Enhancing drug use.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

Dizziness
Fatigue
Lightheadedness
Extreme tiredness

Shortness of breath
Nausea
Difficulty breathing
Vomiting

Racing or fluttering heartbeat
Chest pains
Syncope (fainting)

These symptoms can be confusing and unclear in athletes. Often people confuse these warning signs as physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated. For this reason these symptoms are included on the Medical History form provided by HCAL and required for each student prior to participation in athletic events each year. As parents and student athletes, your truthful answers to these simple questions will assist your medical practitioner when

performing the annual physical examination.

Treatment for Sudden Cardiac Arrest.

- Call 911
- Begin CPR
- Use Automated External Defibrillator (AED)

What are the risks of participation and playing with these symptoms?

Continued participation brings with it increased risk. This includes playing in practices and games. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just minutes. Most people who experience a SCA die from the event. While HCAL does not mandate Cardiac Screening prior to participation, HCAL recognize the importance of our students' health and highly recommend discussing screening options with your healthcare provider. Any student who shows signs of SCA should be removed by the parents from play. This includes all athletic activity, practices or contests. Before returning to play, the student should be examined and receive clearance by a licensed health care professional of the parents' choosing. I have reviewed the above material. I understand the symptoms and warning signs of SCA.

Parent Signature / Date: _____

Student Signature / Date: _____