

Sudden Cardiac Arrest (SCA) is the #1 killer on school campuses & in sports.

WHAT ARE THE WARNING SIGNS?

- Shortness of breath
- Fainting or seizures during or immediately after exercise
- Unusually rapid heart rate
- Chest pains
- Dizziness
- Fatigue
- Unexplained death of family member under 50 (e.g. SIDS, drowning, auto accident)

SO, WHAT DOES IT DO?



Your heart stops beating suddenly and unexpectedly. It stops pumping and you collapse.

WHAT CAUSES SCA?



2 types of conditions:

ELECTRICAL: The heart doesn't beat properly and the rhythm is off.



STRUCTURAL: The heart is not designed well. Either it's too big or a valve is in the wrong place.

HOW DO YOU PREVENT IT?

HEART SCREENINGS: Electrocardiogram (ECG) screenings detect heart problems

CPR: Chest compressions can save someone's life who is suffering SCA until an AED arrives

AED: This lifesaving device should be in reach of anyone performing athletic activity and in all social spaces. It works to shock your heart back to life.



We all have someone or something that motivates us - it's **who we play for.**

WWPF represents every young person who lost their life to Sudden Cardiac Arrest.

Our fight is to ensure that other families, teams, and communities will **NEVER** know that pain.