



A FACT SHEET FOR STUDENTS

ARE YOU SITTING DOWN READING 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. 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 everything in your body that needs blood and oxygen isn't getting it. 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'll get tired, your heart beats faster and you're short of breath. So, how do you tell the difference?

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 - has anyone in your family ever died suddenly under the age of 50 (e.g. SIDS, drowning, auto accident). 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!