



*My nephew, Frankie, died at age 13 while running to the school bus one morning. My daughter was then diagnosed with LQTS & has been taking medication for several years. —Patti*

### **Remember...**

- Most cardiac problems that may cause sudden death in the young can be **diagnosed and treated**.
- With treatment, people with these conditions can **live and thrive**.
- Most sudden cardiac deaths in children are due to hereditary conditions, so **every family member should be tested**.
- **All children should have the questionnaire completed**—and be checked by a doctor if they answer “yes” to any question—before they participate in organized sports programs.

## **Information for Teachers**

### ***You could save a life!***

A child in your classroom may be at risk for sudden cardiac death due to an inherited condition. These children usually appear healthy and, in most cases, the young person and her/his parents have absolutely no idea that something might be wrong. Once diagnosed, these conditions are treatable.

#### ***About sudden cardiac death in the young:***

- Each year in the United States, more than 356,000 Americans die suddenly and unexpectedly due to cardiac arrhythmias. More than 7,000 of them are young people under age 18. (AHA Heart Disease and Stroke Statistics—2020 Update)
- Every hour, a young person under 18 dies from Sudden Cardiac Arrest
- Approximately 10% of sudden infant death syndrome can be attributable to genetic heart diseases. (AHA Heart Disease and Stroke Statistics—2020)
- Sudden cardiac death is one of the top five leading causes of death in young adults.

#### ***What you can do:***

- We are asking you to add the questions from the form on the back to your physical screening forms. If you get a "yes" to any of the questions, the child should see a doctor for a cardiac evaluation.
- Ask your school and other sports associations to make this questionnaire mandatory for all kids before they participate in any active sport.
- If a child has any of the warning signs they should see a doctor.

#### ***Warning Signs of SADS:***

- Family history of unexpected, unexplained sudden death in a young person
- Fainting (syncope) or seizure during exercise, excitement or startle
- Consistent or unusual chest pain and/or shortness of breath during exercise

For more information or if you have any questions, please ask us—we would be happy to help. Call (801) 272-3023 ([www.stopsads.org](http://www.stopsads.org)).

**Thank you for helping us save the lives of young students!**

**Supporting Families. Saving Lives.**

4527 South 2300 East #104 • Salt Lake City, UT 84117 • 801-272-3023 • [https://SADS.org](http://SADS.org)

## Pediatric Sudden Cardiac Death Risk Assessment Form

Parents, answer these questions (or have your child's doctor help complete them) every few years at these times: preschool, before/during middle school, before/during high school, and before participating in organized sports.

| Patient History Questions                                                                                                              | Yes | No |
|----------------------------------------------------------------------------------------------------------------------------------------|-----|----|
| Has your child fainted or passed out DURING exercise, emotion or startle?                                                              |     |    |
| Has your child fainted or passed out AFTER exercise?                                                                                   |     |    |
| Has your child had extreme fatigue associated with exercise (different from other children)?                                           |     |    |
| Has your child ever had unusual or extreme shortness of breath during exercise?                                                        |     |    |
| Has your child ever had discomfort, pain or pressure in their chest during exercise?                                                   |     |    |
| Has a doctor ever ordered a test for your child's heart?                                                                               |     |    |
| Has your child ever been diagnosed with an unexplained seizure disorder?                                                               |     |    |
| <b>Family History Questions</b>                                                                                                        |     |    |
| Are there any family members who had an unexpected, unexplained death before age 50?<br>(include SIDS, car accident, drowning, others) |     |    |
| Are there any family members who died of heart problems before age 50?                                                                 |     |    |
| Are there any family members who have had unexplained fainting or seizures?                                                            |     |    |
| Are there any relatives with certain conditions such as:                                                                               |     |    |
| Hypertrophic cardiomyopathy (HCM)                                                                                                      |     |    |
| Dilated cardiomyopathy (DCM)                                                                                                           |     |    |
| Aortic rupture or Marfan syndrome                                                                                                      |     |    |
| Arrhythmogenic right ventricular cardiomyopathy                                                                                        |     |    |
| Long QT syndrome (LQTS)                                                                                                                |     |    |
| Short QT syndrome                                                                                                                      |     |    |
| Brugada syndrome                                                                                                                       |     |    |
| Catecholaminergic polymorphic ventricular tachycardia                                                                                  |     |    |
| Primary pulmonary hypertension                                                                                                         |     |    |
| Pacemaker                                                                                                                              |     |    |
| Congenital deafness                                                                                                                    |     |    |
| <b>Please explain more about any "yes" answers here:</b>                                                                               |     |    |

**If you answer yes to any of these questions, your doctor should check your child's heart.**

For more information or if you need a referral to a heart specialist, contact: [Genevie@SADS.org](mailto:Genevie@SADS.org)

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