

Don't Take a Chance with Your Child's Heart

Their First Symptom May Be Death



Register today to Screen Your Teen!

EPSaveALife.org

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#screenyourteen

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A 501(C)3 Nonprofit Organization



Eric's Story

Eric was a healthy teen looking forward to being on Steele Canyon High School's varsity wrestling team. An outgoing, energetic, charming young man who loved life, his family and his



friends, Eric was known for his smile. He was passionate about making changes so that the world could be a better place. He wanted to be a police officer.

In July 2009, Eric was packing for a much-anticipated family vacation. His mother left the house for an appointment and his father came home for lunch 20 minutes later. He found Eric collapsed on the kitchen floor and started CPR, but it was too late. Eric became a victim of Sudden Cardiac Arrest. Life changed that day, forever.

Eric's parents, Hector and Rhina, established the EP Save A Life Foundation to honor Eric by helping to protect other families from the tragedy of losing a child to a syndrome that could be prevented.

Our Mission

Through awareness, education and action, our mission is to influence families, educators, elected officials and the medical community to recognize the incidence of youth SCA and the importance of preventative heart screenings, and to support equipping schools with automated external defibrillators (AED) plus CPR/AED training.

Warning Signs & Risk Factors

SCA often has no warning signs. But according to a study published by the Journal of the American Board of Family Medicine, 72% of students that suffered from SCA were reported by their parents to have had at least one cardiovascular symptom before the event. They just didn't recognize it as life threatening.

That's why it's critical to check in with your youth about potential warning signs and know your family's heart health history.

Possible indicators that SCA is about to happen

- ▶ fainting or seizure, especially during or right after exercise
- ▶ fainting repeatedly or with excitement or startle
- ▶ racing heart, palpitations or irregular heartbeat
- ▶ repeated dizziness or lightheadedness
- ▶ chest pain or discomfort with exercise
- ▶ excessive, unexpected fatigue during or after exercise
- ▶ excessive shortness of breath during exercise

Family history that increases risk of SCA

- ▶ family history of known heart abnormalities or sudden death before age 40
- ▶ specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- ▶ family members with unexplained fainting, seizures, near/drowning or car accidents
- ▶ use of performance enhancing or recreational drugs, high-caffeine supplements or diet pills

**AMONG TEENS SCREENED
ABOUT 1 IN 300
WAS AT RISK
FOR SUDDEN CARDIAC ARREST**

The Cardiac Chain of Survival

If someone suddenly collapses, they may be having a cardiac arrest. Get emergency help immediately. Every minute delayed decreases the chance of survival by 10%. EMS can take 6–12 minutes to arrive so you must begin assisting.

Their life depends on your quick action!



Be Ready!

- ▶ Victim is collapsed, unresponsive and not breathing
- ▶ Don't be fooled by gasping, gurgling or seizure-like activity
- ▶ SCA may also be caused by a hard blow to the chest



Call 9-1-1

- ▶ Follow emergency dispatcher's instructions
- ▶ Call on-site emergency responders
- ▶ Ask anyone to retrieve an AED



Hands-Only CPR

- ▶ Begin CPR immediately
- ▶ Push hard and fast in the center of the chest
- ▶ 2-inch compressions—about 100 per minute



Defibrillation

- ▶ Know where to find your onsite AED
- ▶ Follow step-by-step audio instructions
- ▶ AED will not hurt the person, only help

What You Can Do

KNOW the warning signs and family risk factors of a potential heart condition and check in with your youth.

TELL family and friends to get their teen screened with their doctor or at one of our free events.

ENGAGE your school, team or workplace in SCA prevention.



BE PREPARED for a cardiac emergency by learning CPR and how to use an AED.

GET THE FACTS on SCA in youth so you can advocate for better prevention standards.

GIVE to support our mission to protect young hearts. It costs \$50 to screen a teen, and \$1,500 to place an AED.

