

While rare, **SUDDEN CARDIAC ARREST (SCA)** is the **#1 MEDICAL CAUSE OF DEATH** in young athletes.

SCA happens when the **HEART SUDDENLY STOPS BEATING**



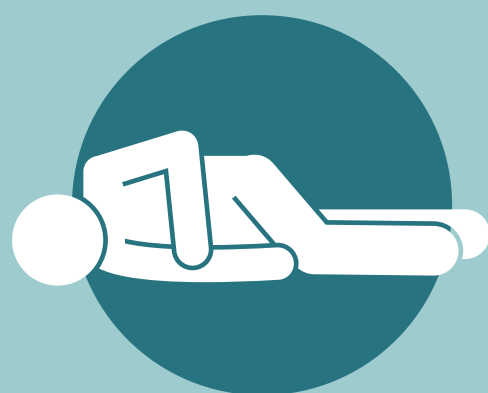
Tell your doctor if you've had any sudden or unexplained deaths in your family.



Speak up if you notice problems when exercising.

SCA often happens in young people who **DON'T KNOW THEY HAVE A HEART PROBLEM**

WATCH FOR WARNING SIGNS DURING EXERCISE



Passing out



Dizziness



Chest pain



Shortness of breath



Seizures

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to [CardioSmart.org/Sports](https://www.cardiosmart.org/Sports) to learn more about competitive sports and tips to stay heart-healthy.