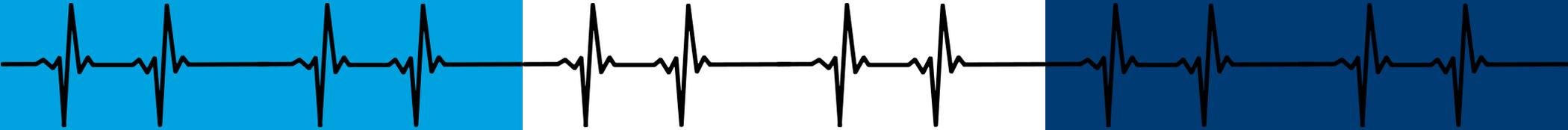


SUDDEN CARDIAC DEATH

IN HIGH SCHOOL
ATHLETES



SCD...WHAT IS IT?

Sudden Cardiac Death or Arrest (SCD/SCA) is the sudden and unexpected loss of heart function, breathing, and loss of consciousness usually resulting in death. It can strike anybody at anytime.

180,000-250,000

Individuals die from SCD every year in the United States.

LEADING CAUSE OF DEATH

SCD is the leading medical cause of death for young athletes in the United States.



WHAT CAN YOU DO?

EKG BEFORE YOU PLAY

A 12-lead electrocardiogram (ECG) is a diagnostic tool that records the electrical signals in your heart. It is painless and is able to provide information about the health your heart.



ACCURACY & SAFETY

Scientific research shows that 12-lead ECG tests can aid in identifying underlying heart conditions in young athletes.

WHO SHOULD YOU TALK TO?

TALK TO A HEALTH CARE PROFESSIONAL

Reaching out to a health care professional for more information is the first step to receive an ECG. Talk to the athletic trainer at your child's school or your family doctor.



FAQ'S



Q: Are cardiac conditions a concern for young and healthy athletes?

A: Yes. When children reach the age range of 14-21, the number of natural deaths resulting from cardiac causes increases from 19% to 30%. It is the leading medical cause of death for young athletes in the United States.

Q: What are the signs and symptoms of these heart conditions?

A: Symptoms include but are not limited to: shortness of breath, fatigue, dizziness, cold sweat, abdominal pain, heartburn, and pressure/tightness in the chest or arms that may spread to the neck, jaw, or back.

Q: What is currently done during pre-participation exams to screen for these conditions in Iowa?

A: The pre-participation exam form in Iowa includes questions from the American Heart Association 14-point evaluation, a comprehensive personal and family history, and a physical. The ECG is not required.

Q: What more can be done to help screen for cardiac conditions and prevent SCD?

A: Ask your physician during the physical if an ECG is needed. The use of an ECG in a pre-participation exam is common in many other states.

Q: Why aren't ECGs already part of the normal pre-participation exam process?

A: As young athlete's hearts are healthy and cardiac conditions are rare, very few high school athletes would have something show up on an ECG. Thus, the time and cost associated with the test is not deemed necessary and other tools are used to screen for heart conditions

Q: What should I ask my child's physician to make sure they are properly screened?

A: First, educate yourself on this topic. Links are provided to assist you. When at the doctor's office, ask appropriate questions of the physician about the risk of cardiac concerns and if an ECG would be necessary.

Q: What is the cost of an ECG?

A: An ECG will typically cost around \$50. In some cases, insurance will be able to cover or partially cover this cost. Be sure to ask your physician how much it will cost you.

Q: "I have heard a connection between COVID-19 and heart conditions in sports. Should I be concerned?"

A: As with many things related to COVID-19, the known impact of the disease is still being fully understood. The National Federation of State High School Associations has put out a questionnaire doi.org/10.1177/1941738120941490 to help parents identify if their child needs to see a physician. Additionally, recommendations on returning to play following a diagnosis with COVID include seeing a physician to determine when they are ready to play. doi.org/10.4085/1062-6050-0106.21 If a parent has any concerns, they should follow up with their physician.

WANT TO LEARN MORE?



For more information, please access the links below to visit the American Heart Association and Iowa High School Athletic Association websites.

AMERICAN HEART ASSOCIATION

www.heart.org

NFSHSA COVID-19 GUIDANCE

<https://doi.org/10.1177/1941738120941490>

AMERICAN ACADEMY OF FAMILY PHYSICIANS

www.aafp.org

Research conducted by Andrew Orr in affiliation with the Drake University Master of Athletic Training Program

Drake
UNIVERSITY



Innovation



Advocacy



Experience

Drake MAT Program

eDUcAtion driving practice

Drake College of Pharmacy & Health Sciences