

## Speak to Your Health! Sudden Cardiac Death of the Young

Sudden cardiac death of the young (under 30 years of age) is a serious health concern, particularly among school-age athletes. The most common causes of sudden cardiac death of the young are arrhythmias and cardiomyopathy.<sup>1, 2</sup> Genesee County has a rate of 7 sudden cardiac deaths per 100,000 individuals ages 1-39 each year. Between 1999–2008, Genesee County had 164 sudden cardiac deaths to young individuals.<sup>3</sup>

### WHAT CAN YOU DO TO PREVENT SUDDEN CARDIAC DEATH?

**Know your family history.** If your family has a history of heart conditions, you may be at higher risk for having a heart condition too.

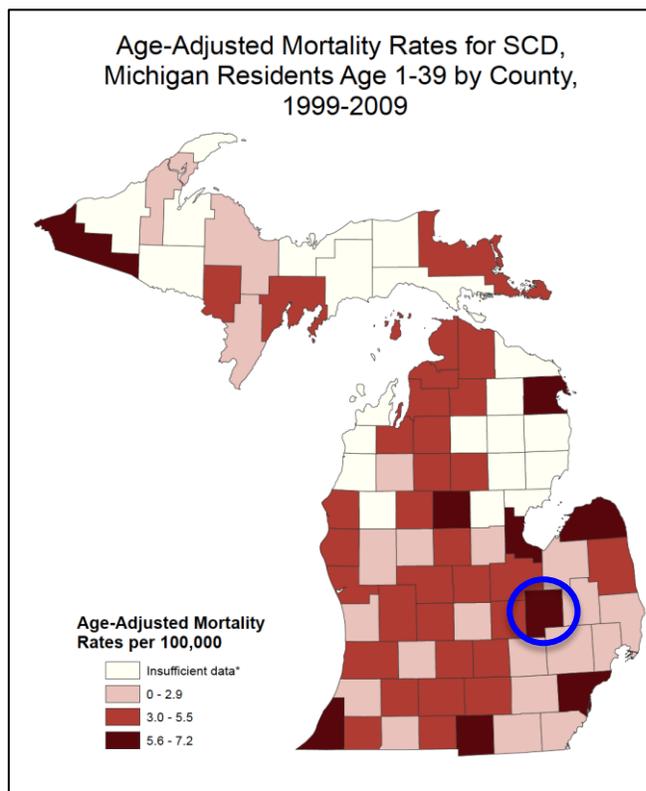
**Get screened before playing sports.** Sudden cardiac death can be prevented through a careful history and physical exam that can inform doctors of a heart condition and allow them to start treatment.

**Make sure that your school has an automated external defibrillator (AED).**

Having an on-site AED can increase the chance of survival after cardiac arrest.

**Learn how to do CPR and how to use an AED.** CPR and AEDs can save lives.

**Tell your coach and your doctor if you become dizzy or faint while playing sports.** This can be a sign of an underlying heart condition.



### WHERE CAN YOU GET MORE LOCAL INFORMATION?

- **CBOP will be sponsoring Part II of the Youth Sudden Cardiac Death Syndrome:** Monday February, 27, 2012 for Part 11 for the Sudden Cardiac project on the flyer at GCCARD, 6-8pm, more information coming soon
- **MI Sudden Cardiac Death Video**  
<http://mediasite.mihealth.org/mediasite/SilverlightPlayer/Default.aspx?peid=4ec4ecdc60c34efe9bd0745beec37cf81d>
- **Sudden Cardiac Death of the Young (SCDY) Surveillance and Prevention Project**  
[http://www.michigan.gov/mdch/0,1607,7-132-2942\\_4911\\_4916\\_47257-241907--\\_00.html](http://www.michigan.gov/mdch/0,1607,7-132-2942_4911_4916_47257-241907--_00.html)

**Please take time to Speak to Your Health!**

Visit [www.gchd.us/survey](http://www.gchd.us/survey) to complete the 2011 survey

The Community Survey is funded by CDC grants to the Prevention Research Center of Michigan (PRC/MI) and Michigan Youth Violence Prevention Center (MI-YVPC) and by the Crim Fitness Foundation.

<sup>1</sup>U.S. Department of Health and Human Services, National Heart Lung and Blood Institute. (2011). *What is sudden cardiac arrest?* Retrieved from website: <http://www.nhlbi.nih.gov/health/health-topics/topics/scda/>

<sup>2</sup>Children's cardiomyopathy foundation: *what's cardiomyopathy?* (2012). Retrieved from <http://www.childrenscardiomyopathy.org/site/description.php>

<sup>3</sup>Duquette, D. (2011). *Place and health: understanding the relationship between genetics, the environment, and our health behaviors* [PowerPoint slides]. Retrieved from [www.gchd.us/NPHWConference/.../Place\\_and\\_Health.ppt](http://www.gchd.us/NPHWConference/.../Place_and_Health.ppt)