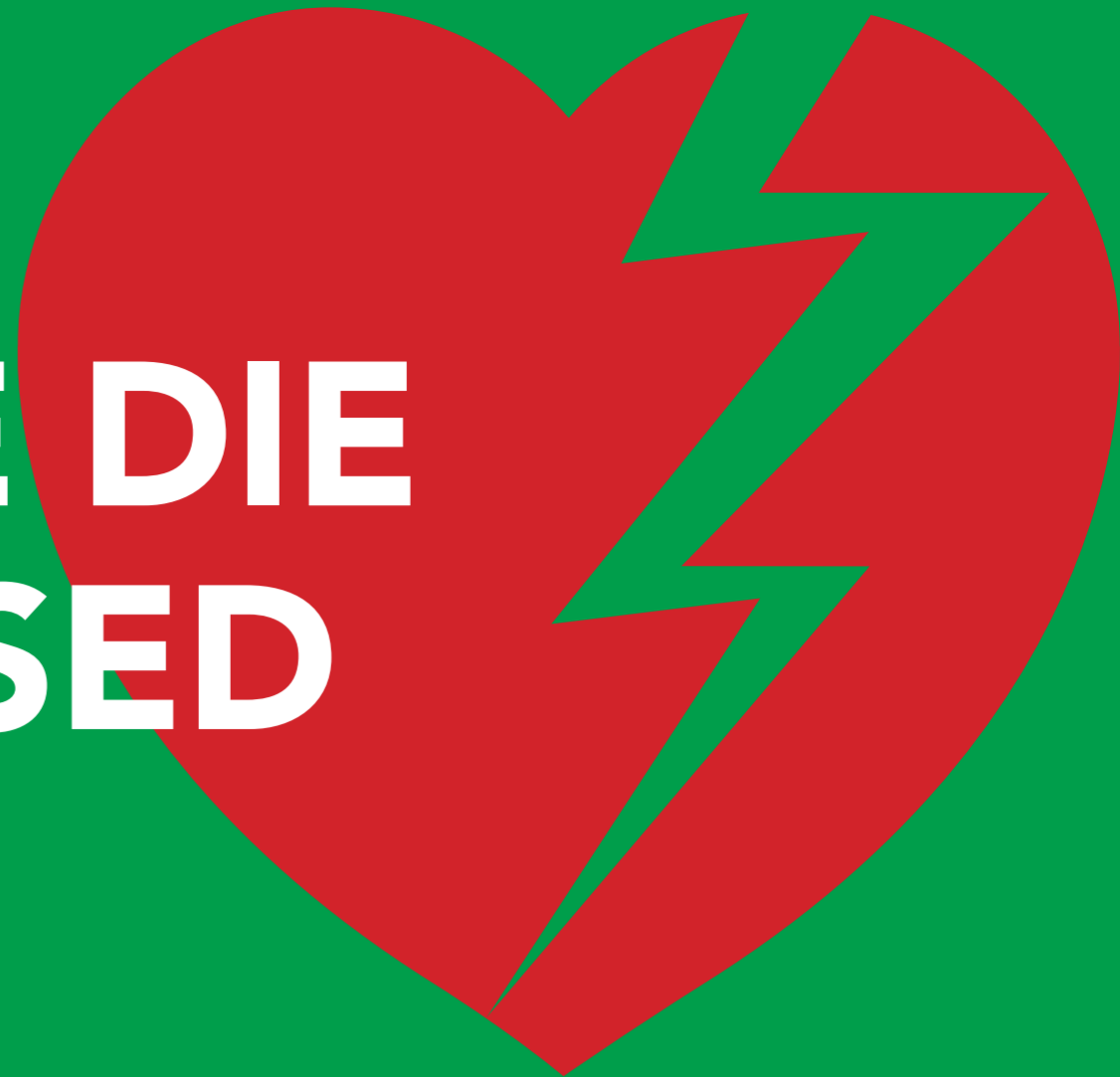


**EVERY WEEK  
12 YOUNG PEOPLE DIE  
FROM UNDIAGNOSED  
HEART PROBLEMS.**



**YOU ARE MORE AT RISK IF  
➤ YOU ARE INVOLVED IN SPORT**

**BUT IT CAN HAPPEN TO  
ANYONE, ANYWHERE, ANYTIME**



*COULD YOU BE AT RISK?*

**CONSIDER**

**THE FOLLOWING  
RISK FACTORS  
AND ASK YOURSELF  
IF ANY OF THESE  
APPLY:-**



**FAMILY HISTORY**

OF SUDDEN,  
UNEXPLAINED DEATHS  
(UNDER THE AGE  
OF 40)?

EVER EXPERIENCED

**CHEST PAIN**

/DISCOMFORT  
DURING EXERCISE/  
EXERTION

ABNORMALLY

**SHORT OF BREATH**

**PALPITATIONS**

(EG, HEART RACING  
FAST, MISSING  
BEATS, FLUTTERING  
SENSATION, IRREGULAR  
PULSE RATE, THUMPING  
SENSATION IN CHEST)

**LOSS OF**

**CONSCIOUSNESS**

/BLACKOUTS/  
FAINTING

**DIZZINESS**

**SUDDEN ARRHYTHMIC DEATH SYNDROME**  
IN 12-35 YEAR OLDS

**DON'T BE ALARMED  
SCREENING IS AVAILABLE**

and if a problem is detected it  
can be monitored and treated

If you have suffered any of the above, it is advisable  
to visit your GP who may refer you to a  
Specialist Doctor who deals with Heart Problems for  
further tests. Alternatively you can take advice from  
**CRY - Cardiac Risk in the Young on Tel: 01737 363222**

FOR MORE INFORMATION PLEASE REFER TO  
The Joe Humphries Memorial Trust



[www.jhmt.org.uk](http://www.jhmt.org.uk)

