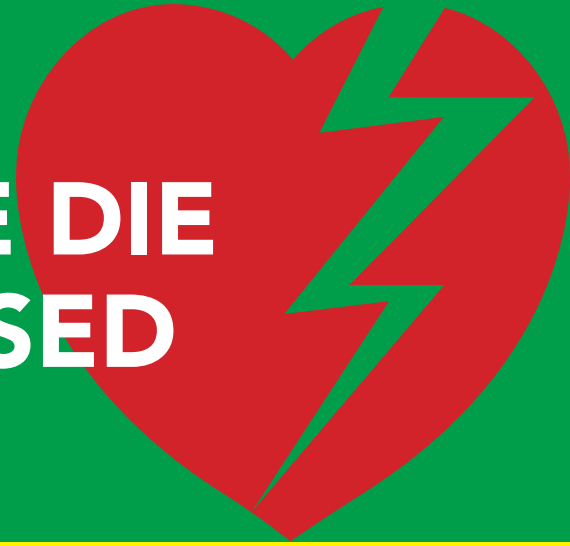


**EVERY WEEK
12 YOUNG PEOPLE DIE
FROM UNDIAGNOSED
HEART PROBLEMS.**



**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

