

# YOU ARE MORE AT RISK IF

> YOU ARE INVOLVED IN SPORT

BUT IT CAN HAPPEN TO ANYONE, ANYWHERE, ANYTIME



**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)



EVERY WEEK  
12 YOUNG PEOPLE DIE  
FROM UNDIAGNOSED  
HEART PROBLEMS.

*COULD YOU  
BE AT RISK?*

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# 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**