

JUST THE FACTS

An International
Movement Taking Hold
in America

www.safebeat.org



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“Screening Hearts, Saving Lives!”

STATISTICS



- ❖ 20 children between the ages of 6 & 18 will die today from sudden cardiac arrest caused by a Cardiac Arrhythmia Syndromes (CAS).
- ❖ 1 out of every 143 children has a Cardiac Arrhythmia Syndromes.
- ❖ Cardiac Arrhythmia Syndromes is more common in the United States than all childhood diseases combined.
- ❖ The first symptom in over 80% of the cases of sudden cardiac arrest is death.
- ❖ 70% of the causes of sudden cardiac death by cardiac arrhythmias are detected by heart screening.
- ❖ The African American population has been found to suffer sudden cardiac arrest 3 to 5 times more than all other races.
- ❖ Cardiac Arrhythmia Syndromes are genetic and hereditary. Screening one family member could very well save the lives of other family members.
- ❖ Once a Cardiac Arrhythmia Syndromes is detected and 1st and 2nd degree family members are tested, an average of nine additional cases are found.
- ❖ Once diagnosed, these syndromes are treatable, and individuals with these conditions can have normal life spans and lifestyles.

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AN INTERNATIONAL MOVEMENT

- ❖ The International Olympic Committee (IOC) requires preventive heart screening of all its athletes in accordance with the Lausanne Recommendations.
- ❖ In Italy, an electrocardiogram is required (legally mandated) and they have reduced the occurrence of sudden cardiac death by 89% among athletes.
- ❖ In Japan all adolescents receive an electrocardiogram in 1st, 7th, and 10th grades. All adults (> 18) are required to have an electrocardiogram every 2 years.
- ❖ The European Society of Cardiology published a consensus report in the European Heart Journal, endorsing the Lausanne Recommendations. The physician group believes that screening using ECG has the potential to cut sports-related cardiac deaths in Europe by 50%-70%.

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TAKING HOLD IN AMERICA

- ❖ 95.6% of all US Major League Sports Teams require preventive heart screening including an ECG.
- ❖ Johns Hopkins have embarked on what is believed to be the largest single-day event to date to screen young athletes in the United States.
- ❖ Stanford University School of Medicine have begun a voluntary program to conduct advanced routine heart testing of all the university's student athletes.
- ❖ Columbia University, the first school in the nation to conduct preseason heart screenings on its football players.

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We need your help in “informing the not yet informed” and support in providing heart screening to those who otherwise would go without.

**Come join with us as we go across America
Educating, Advocating and Facilitating
Proactive Prevention**



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