



MISSION STATEMENT

To save the lives and support the families of children and young adults who are genetically predisposed to sudden death due to heart rhythm abnormalities.

HELP US PROMOTE OUR MISSION

- Tell other family members, friends, and your family physician about **"The Warning Signs"** for sudden cardiac death in the young.
- Distribute our pamphlets to medical caregivers, sports coaches, recreational facility staff and teachers. Encourage these people to visit our web site at www.sads.ca and provide their contact information so that they can be added to our mailing list.
- Alert **The Canadian SADS Foundation** when a sudden death occurs in your community.
- Promote CPR training in your community and lobby for the installation of Automated External Defibrillators (AEDs) in all schools, public sports facilities and other public places where people congregate eg: Community Centres, Malls, Churches, government buildings etc.
- Identify media personnel and news reporters in your community who are interested in children's health issues. Provide these people with our toll free number so that we can respond to their questions and encourage them to publish articles about sudden cardiac death in the young.

FINANCIAL SUPPORT

The Canadian SADS Foundation is a registered Canadian charity, established in 1995. Funding for the Foundation is provided by donations from individuals, corporations, and other foundations. Donations of any amount are greatly appreciated and will be used to support our many educational and awareness activities.

DONATE THROUGH OUR WEBSITE:

You may donate using your credit card by going to our website, www.sads.ca, and following the pertinent donation instructions.

EMPLOYER MATCHING PROGRAMS:

Many families are now donating to **The Canadian SADS Foundation** by taking advantage of a "Matching Program" offered by their employer. When the employer matches the funds donated by the employee, the value of the donation to **The Canadian SADS Foundation** is doubled. Since these matching programs are usually offered through a payroll deduction plan, the employee is provided with a convenient method for donating to the charity of his choice.

FUND-RAISING ACTIVITIES:

Many groups have chosen to organize a specific fundraising activity in memory of a deceased family member or friend. These activities have included bottle drives, walk-a-thons, and sporting events such as golf tournaments and ski races. Please contact **The Canadian SADS Foundation** for assistance with your own fund-raising idea.



For more information:

The Canadian SADS Foundation

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www.sads.ca



Supporting Families.
Saving Lives.



SADS AN
INFORMATION
PAMPHLET

WHAT ARE **SADS** CONDITIONS?

SADS stands for **Sudden Arrhythmia Death Syndromes**

SADS represents a variety of cardiac disorders that can sometimes be responsible for Sudden Death.

SADS conditions were largely misunderstood and/or misdiagnosed until the mid-1990's.

SUDDEN CARDIAC DEATH IN THE YOUNG

Sudden cardiac death can happen anywhere, anytime, and to anyone including children and young adults.

When a sudden cardiac death (SCD) occurs in the young, it is particularly devastating. The reported number of sudden cardiac deaths of Canadians under the age of 35 is estimated to be at least 600.

It is estimated that as many as 50% of young people who experienced SCD had symptoms (refer to "**The Warning Signs**") prior to their event. These symptoms may have been misdiagnosed or dismissed as insignificant.

Inherited cardiac rhythm disorders such as Long QT Syndrome, ARVC, CPVT, and Brugada Syndrome, to name several, are now believed to be major causes for SCD in the young.

REMEMBER...

With proper treatment, people diagnosed with these conditions often have normal lifestyles and life spans.

THE WARNING SIGNS

Fainting (syncope) or seizure during physical activity.

Fainting (syncope) or seizure resulting from emotional excitement, emotional distress, or startle.

Family history of unexpected sudden death during physical activity or during a seizure, or any other unexplained sudden death of an otherwise healthy young person.

These symptoms are not conclusive in and by themselves but the presentation of any one symptom requires an immediate cardiac evaluation.

Anyone with these symptoms should see their family doctor and ask to be referred to a cardiologist or an electrophysiologist for a complete cardiac assessment. This assessment should include an analysis of the heart rhythm and, where indicated, cardiac imaging and exercise testing.

IMPORTANT FACTS

Recognition of "**The Warning Signs**" and early medical intervention are the keys to preventing sudden cardiac death in children and young adults.

Many cardiac arrhythmia disorders are genetic.

With proper medical assessment, many of these disorders are identifiable and treatable.

