AIDAN'S HEART FOUNDATION

Making heart-safe communities, one heart at a time!

WHAT IS SCA?

SCA (Sudden Cardiac Arrest) is usually a fatal condition in which the heart suddenly and unexpectedly stops beating, generally due to an electrical disturbance in the heart.

WHY ARE AEDs SO IMPORTANT?

CPR alone is not enough to restart the heart in the event of SCA. Rapid treatment – within minutes – using an AED (Automated External Defibrillator) can be lifesaving. In fact, every minute that passes without an AED decreases survival rates by 10%.

HOW CAN EKGs PREVENT SCA?

This quick, simple, low-cost, and non-invasive EKG (electrocardiogram) can be given to anyone, and generally detects more than 70% of cardiac electrical problems.

More About SCA (Sudden Cardiac Arrest)

Sudden Cardiac Arrest (SCA) is the sudden, unexpected loss of heart function, breathing, and consciousness. Sudden cardiac arrest usually results from an electrical disturbance in your heart that disrupts its pumping action, stopping blood flow to the rest of your body. If this happens, blood stops flowing to the brain and other vital organs. SCA usually causes death if it's not treated within minutes.

Who is at risk? Children and adults who have heart disease, coronary artery disease, cardiomyopathy (enlarged heart), or electrical problems in the heart are at higher risk for SCA. However, SCA can happen in people who appear healthy and have no known heart disease or other risk factors for SCA – just like 7 year old, Aidan J. Silva.

How do I know if my children are at risk? EKGs can quickly and simply detect electrical problems within the heart. Attend a Heart Screening that offers EKGs, or ask your pediatrician for a referral to get an EKG. See the section to the right for more information.

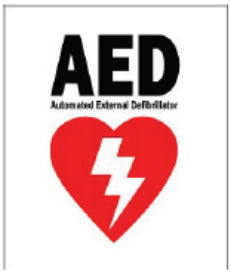
Can you jumpstart the heart of someone who had an SCA event? Yes – however, an AED must be used within minutes of the event. Please see the information block below to learn more.

More About EKGs (Electrocardiograms)

1IN100 For every 100 hearts that are screened with an EKG, 1 or 2 are found to have arrhythmia and abnormalities that are potentially life-threatening.

The EKG (electrocardiogram) is a quick, simple, non-invasive, and low-cost test used to screen hearts. It records the heart's electrical activity, shows the heart's rhythm, and how fast the heart is beating. An EKG also records the strength and timing of electrical signals as they pass through each part of the heart.

In fact, many other countries include this every year as part of a child's well visit – and their rates of death from SCA (Sudden Cardiac Arrest) among young athletes has decreased as much as 86%!



More About AEDs (Automated External Defibrillators)

The Automated External Defibrillator (AED) is a computerized medical device. Today's AEDs are incredibly smart. Simple audio and visual commands make them easy for anyone to use. An AED can quickly diagnose life threatening heart problems (by identifying rhythms that require a shock) and as well as jumpstart the heart using electrical therapy. With CPR alone, chance of survival is 1-5%. If CPR and an AED are used together within the first three minutes, survival rates can be as high as 74%.

Aidan's Heart Foundation as well as the American Heart Association strongly advocates that all EMS first-response vehicles and ambulances be equipped with an AED – and also supports placing AEDs in public areas such as sports arenas, schools, recreational areas, parks, office complexes, doctor's offices, shopping malls, etc.