

Warning Signs & Risk Factors for Sudden Cardiac Arrest

An electrocardiogram (EKG or ECG) screening provides a brief snapshot of your heart health. Parent Heart Watch recommends that all children, teens, and young adults undergo a heart screening at least every two (2) years—or sooner if they experience symptoms or have risk factors for a heart condition. Stay proactive: don't assume what your child is or isn't feeling—ask them. Contact your physician immediately if you or your child develop any of the following warning signs or symptoms of a potential heart condition, or if your family history changes. Early detection saves lives. Be informed. Take action. Protect young hearts.



Fainting or
Seizure during or
after Physical Activity



Chest Pain
during or after
Physical Activity



Dizzy or Lightheaded
during or after
Physical Activity



Palpitations
or
Racing Heart



Shortness of Breath
or
Excessive Fatigue



Sudden or Unexplained
Death of Immediate Family
Member Under Age 50



Family History
of
Heart Disorders



Consumption
of
Energy Drinks



Use of Performance
Enhancing Drugs
or Diet Pills



Recreational
or
Prescription Drugs