

# HELP SAVE LIVES

## HEART CONDITIONS CAN AFFECT ALL AGE GROUPS, EVEN CHILDREN

### 'The Warning Signs'



- ♥ You faint or have an apparent seizure during physical activity, especially if it happens repeatedly
- ♥ You faint or have an apparent seizure during emotional excitement, distress, startle, or on arousal from sleep
- ♥ You have consistent or unusual chest pain and/or abnormal shortness of breath during exercise and dizziness
- ♥ You have a family history of a premature sudden death of an apparently healthy person (under age 40)

***If you have any of The Warning Signs you may have a heart condition***

- ♥ Speak to your doctor about your symptoms.
- ♥ Discuss any medications or herbal remedies that you may be taking
- ♥ Ask your GP to consider a heart condition when evaluating your symptoms
- ♥ Find out as much as you can about your family's medical history. If there has been an unexpected premature sudden death (under age 40) ask to be referred to a cardiologist to have heart checks carried out.

***Remember if a heart condition is identified  
it can be treated***

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