



'The Warning Signs'

(where presented)

HEART CONDITIONS CAN AFFECT ALL AGE GROUPS, EVEN CHILDREN

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



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.

WHAT YOU SHOULD DO



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 ask to be referred to a cardiologist to have heart checks carried out.



Remember to tell your family.



**Remember
if a heart condition
is identified
IT CAN
BE TREATED**

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Endorsed by:-

Dr Andrew Grace, Consultant Cardiologist, Papworth Heart Hospital, Cambridge

Professor Nigel Wheeldon, Consultant Cardiologist, Northern General Hospital, Sheffield

SADS UK is a registered charity no. 1113681





WAYS TO DONATE



**Please go to our website www.sadsuk.org.uk
and click the donate button**

**We have several fundraising opportunities that members
of the public can get involved with – please see the
Fundraising section of our website.**

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If you wish to donate via BACS, our details are:

Name: SADS UK

Account number: 77056965

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***Please be sure to provide your contact details
so we can say thank you!***