

Laura Friend

From: <daykay1014@aol.com>
To: <laura@parentheartwatch.org>
Sent: Sunday, February 18, 2007 1:39 PM
Subject: AED Bill

Sent to Senator Brimer:

Senator Brimer,

As voters in your district we urge you to support the bill requiring Automatic External Defibrillators (AEDs) in all Texas public schools when the bill leaves committee and is put to a vote. We believe that the health and welfare of our children should be the first priority of Texas public schools. How can we justify spending one dollar more on athletic facilities and supplies when many of our schools do not have the inexpensive life saving AEDs as standard equipment? By making AEDs required equipment by law we will insure that our schools and school district make saving children's lives a priority when budgeting. Thank you in advance for your support of this bill.

Ken and Kara Freeman
Hurst, Texas
We Vote

Check out the new AOL. Most comprehensive set of free safety and security tools, free access to millions of high-quality videos from across the web, free AOL Mail and more.

Glens Falls boy saved by defibrillator

7-year-old said to be recuperating

By LEIGH HORNBECK, Staff writer

Click byline for more stories by writer.

Last updated: 3:21 p.m., Tuesday, February 6, 2007

GLENS FALLS -- A 7-year-old child is said to be resting comfortably after a school nurse and a teacher saved his life with a heart defibrillator when he collapsed in a gym class.

The perfect gift for Valentine's Day

Red SYNCSM
Only from Cingular

One touch access to great features:

- Satellite Radio
- Artist ID
- Music Videos

MAKE SWEET MUSIC NOW!

cingular is now
The new at&t

The boy has been hospitalized at Albany Medical Center. His condition was not available today, but school sources said the child is doing well.

Superintendent Thomas McGowan said it was the first time the staff at the Glens Falls schools has used the heart device since a state law was passed in 2002 that required school districts

to have defibrillators on hand. The incident happened Friday.

"This is something we train for but we hope we never have to do," McGowan said. "They did a marvelous job, they followed protocol, the school nurse knew just what to do and the EMS workers were outstanding getting this young man to the hospital."

Rachel Moyer, a former Orange County special education teacher who lobbied the state Legislature to have defibrillators in schools after her son died in 2000, was elated.

"It's a big victory. It's like winning the lottery there's no comparison to saving a life," Moyer said.

Parent Heart Watch

Education

Promote awareness about the true extent of Sudden Cardiac Arrest (SCA) in young people.

Too often, the facts about SCA and the necessary precautions are misrepresented. Parent Heart Watch works to educate in two ways, through families who have been affected by SCA and through the medical community.

Communication is the tool necessary to save lives. Deaths due to Sudden Cardiac Arrest can be prevented if people are properly educated.

Family Education

No one can truly understand the devastating effects SCA has on a family when they lose a child. Once a family is affected by SCA, Parent Heart Watch extends a shoulder for support and a hand to help them become educated about SCA, so they can help save the lives of other children.

In addition to being a support system, Parent Heart Watch encourages families to become active members in the fight against SCA. The leaders of Parent Heart Watch prepare families to become the knowledge base for their communities by providing the tools necessary to become leaders. Families are encouraged to attend local health and educational conferences, learn best practices, be prepared to fight objections and stay up to date on health issues and initiatives through Parent Heart Watch's network.

This education is provided in the form of an annual forum, the PHW website and materials such as DVDs, informational hand-outs, a group message board and through their relationships in the medical community.

Medical Education

In addition to spreading their knowledge to communities nationwide, the leaders of PHW spend a great deal of time raising awareness about the true extent of SCA in young people to the medical community.

Parent Heart Watch is reaching out to members of the medical community such as doctors, nurses, medical associations, medical emergency responders and children's hospitals to be sure they are properly educated on how SCA is affecting young children.

Through their efforts Parent Heart Watch hopes to bring the medical community together to set standards of care and prevention. Communities will come together to fight SCA if their medical professionals are also involved in the cause.

With the help of sponsors and volunteers, Parent Heart Watch's educational outreach program can be greatly enhanced.

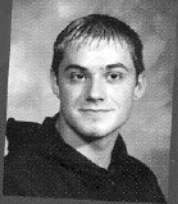



Julia Frisk
Julia was running on the playground at school on Feb. 24, 2005 and suddenly collapsed. Cause of the fatal sudden cardiac arrest was found to be a heart arrhythmia.



Parent Heart Watch



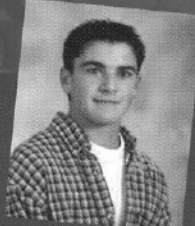

A national voice



Ken Derminer
Ken suffered a sudden cardiac arrest on June 7, 2000 at football practice. Cause of the fatal sudden cardiac arrest was found to be an enlarged heart.



Sara Schacht
Sara was diagnosed with cardiomyopathy in November 2001. Doctors told us she would live a long life but perhaps need a transplant in the future. She died on Jan. 26, 2003 while watching a video after a day of college classes.



Louis Acampora
Our son Louis Acampora died at age 14, March 25, 2000, during a lacrosse game. A goalie, Louis blocked what appeared to be a routine shot with his chest protector, took a few steps and collapsed. Paramedics arrived with a defibrillator almost 15 minutes later. Louis died from commotio cordis, a syndrome which occurs from a blunt impact trauma during the critical cycle in the heart's rhythm.

For more information on how you can help educate America on the deadly effects of SCA, please contact Linette Derminer at 817-788-2960.

Parent Heart Watch

Advocacy

Affect public policy change on local, state and national levels so communities take action.

Driving change in communities is most effective through public policy.

On a national level, the government has passed the following legislation that aids in the fight against Sudden Cardiac Arrest (SCA):


In December of 2000, Congress passed the Cardiac Arrest Survival Act, extending Good Samaritan laws protecting laypersons from liability associated with good faith use of public Automated External Defibrillators. In addition, all states have passed similar legislation.

Through its state-by-state network, Parent Heart Watch encourages members to affect public policy on a local and state level so that communities take action and protect children from the devastating effects of SCA.


A look at progress made on state and local levels:

- Through a \$2.4 million grant, **Pennsylvania** was the first state to provide school districts with at least two defibrillators. A new PA House Bill (2167) is in committee that will mandate AEDs in all schools.
- In 2002, **New York** passed a law that mandated all schools, regardless of size, to maintain AEDs and have at least one staff person trained to use the AED properly. All school sporting events must have an AED on site. An AED must also be present at all school sporting events.
- In 2004, \$2.5 million was appropriated from the tobacco settlement funds for school defibrillation programs in **Ohio**.
- In April 2006, **Maryland** signed into legislation a bill that mandates all Maryland high schools to maintain at least one AED in their schools and on their playing fields. During all athletic events a trained person in CPR and AEDs usage must be on-site.
- In **Colorado**, if an AED is donated to a school, the school must accept the donation, make it publicly acceptable, train personnel to use it and maintain its use by replacing batteries and electrodes as needed.
- **Florida** signed an AED bill into law in June 2006 that requires AEDs in high schools and all playing fields.

Parent Heart Watch has written a model bill for states without AED legislation. Members of PHW are now helping customize the bill to fit the needs of each state and in time will present the bill to legislators.



Parent Heart Watch



Gregory Moyer
Greg played 10 minutes in a basketball game on Dec. 2, 2000, walked into the locker room and went into sudden cardiac arrest. No AED was available and CPR was not started for over 10 minutes. Paramedics did not arrive for 30 minutes, at which time his heart began to beat miraculously after being shocked with an AED. He was unable to sustain his heartbeat on the ride to the hospital. Cause of death was hypertrophic cardiomyopathy (HCM). The ER told us that Greg could have probably been saved with an AED. Our mission began the night of his death to place AEDs in all schools.

Parent Heart Watch




A national voice




Parent Heart Watch



Jessica Clinton
During a cheerleading practice break on Oct. 2, 2003, Jessica went to get a drink of water. She suddenly collapsed at the fountain and was pronounced dead on arrival to the hospital. Cause of death was severe mitral valve prolapse. Jessica had numerous physicals and MVP was never diagnosed.



Parent Heart Watch



Kimberly Anne Gillary
On April 1, 2000, our 15-year old daughter Kimberly went into cardiac arrest during a water polo game. There were no AEDs available at the school. She died in the hospital two days later. Cause of the fatal sudden cardiac arrest was found to be hypertrophic cardiomyopathy, which was undetected despite previous sports physicals, hospital admissions and EKGs.

Another major advocacy goal of Parent Heart Watch is to create a National Sudden Cardiac Arrest Awareness Day in each state's capital.

Support from state and local officials, as well as members of the community, is needed to maximize this commitment.

For more information on how you can become an advocate for SCA awareness on a local and national level please contact Rachel Moyer at 817-788-2960.

Parent Heart Watch

Research

Establish credible research initiatives for Sudden Cardiac Arrest (SCA) in children.

Currently the government and medical community is not consistently tracking and reporting the leading cause of cardiac death in children at schools and athletic events.


The numbers of counted deaths vary, therefore leaving the medical community, government, media, schools, youth athletic leagues and parents misinformed about the concern to be prepared for cardiac events on school property, in classrooms or PE class, in recreation leagues, in pickup games, or off-season practices.

A sample of results produced by individual studies:


- National School Safety Council reported only 2 heart attacks in a 10 year period.
- National Center for Catastrophic Sports Injury reports 5-15 SCA deaths annually. This is sponsored by the NCAA and NFHS. It records High Schools and Colleges and only school sanctioned events.
- The Sudden Death Athletes registry out of the Minneapolis Heart Institute records about 300 cases annually. It records athletes between the age of 15-35.
- The CDC reported 2504 cases of heart disease deaths in their latest report year of 2002 under age 24. Over half were in the 15-24 age group.
- An estimated 14,000 children and infants die annually from SCD according to the Heart Rhythm Society (May 2004).
- Parent Heart Watch records sudden death cases that appear in the media, primarily ages 3-25, pro and amateur athletes, and adults on school property. This report has about 100-150 cases annually.

These statistical conflicts are delaying progress in the prevention of SCA in children and young adults. The leaders of PHW believe a national registry requiring the report of deaths due to SCA state-by-state would eliminate these conflicts and improve research initiatives on the cause of SCA.

Today, there are very few genetic and heart screening studies completed by medical professionals. As SCA cases are tracked more consistently and reported in the media, physicians are beginning to take a closer look into the causes and prevention methods. Studies of this nature will help reduce the number of SCA cases nationally.



Parent Heart Watch



Antwoine Key
Our son Antwoine died Jan. 20, 2005 during a NCAA basketball game. Cause of death was hypertrophic cardiomyopathy. He was only four months shy of earning his degree in sports and leisure management. It never crossed our minds that our superstar would tragically collapse on the basketball court.


Parent Heart Watch




A national voice




Parent Heart Watch




Madison McCarthy
Our daughter Madison, age 5, asked to be excused from lunch to use the restroom at school on Sept. 27, 2001. She was found unresponsive in the restroom. She suffered a cardiac arrest from Long QT Syndrome. No one recognized the severity of her condition. Our family has since been genetically tested for Long QT syndrome.




Parent Heart Watch



Chad Butrum
Chad was playing in his football league on April 23, 1994. Coming out of a huddle, he collapsed. Idiopathic dilated cardiomyopathy was found to be the cause of the fatal cardiac arrest.



Parent Heart Watch



Shannon Huber
Our son Shannon went to sleep on March 25, 1999 and didn't wake up. We found him dead in his bedroom the next day. Long QT syndrome was determined to be the cause of the fatal cardiac arrest. Other family members have been tested and been found to have heart defects.

If you are interested in helping facilitate research initiatives for SCA in children, please contact Parent Heart Watch at 817-788-2960.

Parent Heart Watch

Technology

Place Automated External Defibrillators (AEDs) in all places where youth congregate and promote cardiac screenings in young people.

Automated External Defibrillators

Cardiac Arrest is the instantaneous loss of electrical heart function. The rhythms of the heart can only be restored with defibrillation. Automatic External Defibrillators (AEDs) deliver a pulse of electricity, the single most effective way to restore the normal rhythm of a heart quivering in ventricular fibrillation. VF is the most common cause of Sudden Cardiac Arrest (SCA).

Most occurrences of cardiac arrest in young people happen in public places. Immediate response to cardiac arrest with an AED can make the difference between life and death.

When a victim experiences SCA, every minute counts; every minute a victim goes without defibrillation, the chances for survival decrease by 7-10%. Having AEDs deployed at a location can allow on-site trained individuals to deliver potentially life-saving defibrillation therapy quickly and effectively.

Equipping schools and other places where children congregate with AEDs and training people how to use the technology properly can give anyone struck down by SCA another chance at life.

In a study that helped establish the American Heart Association's standard for placing AEDs in out-of-hospital settings, an average survival rate of 74% can be achieved if defibrillation treatment is administered within the first 3 to 5 minutes of a SCA victim's collapse.

Who can use an AED device?

Sixth-grade school children with moderate training can learn to use AEDs to save the lives of cardiac arrest victims almost as quickly and efficiently as professional emergency medical personnel.

AED machines are very user-friendly. They literally walk a responder through the defibrillation process.

AED Placement

The members of Parent Heart Watch are actively helping schools and public places around the country acquire AED machines. Placement, however, is not enough. Through a Make-the-Grade program, Parent Heart Watch is now establishing a thorough curriculum to monitor schools and other public venues about the use of AEDs.

Cardiac Screenings

Thousands of young people die from sudden cardiac arrest (SCA) each year. It is estimated that approximately one-third of these children have been linked to hypertrophic cardiomyopathy (HCM). HCM is a condition that is caused by the thickening of the heart muscle. There are often no symptoms and the first indication of a heart condition is when Sudden Cardiac Arrest occurs.

Primary prevention starts with awareness and recognition of health issues. Using a pre-participation physical promotes health and safety of our children; however, there are no national standards. Each state uses its own sport's physical form, some State Athletic Associations being more stringent than others, but most often, the forms do not include any cardiac evaluations such as echocardiograms or electrocardiograms (EKGs).

School physicals should require echocardiograms and EKGs on school age children at regular intervals. These screenings identify children with congenital heart defects that would drastically reduce the number of SCA in children. Currently, this type of screening is expensive and it is not administered freely in the insurance industry.

Parent Heart Watch uses its networking abilities to find community people, doctors, cardiac technologists and interested echocardiography manufacturers to advocate and support the importance of screenings and assist in screening events.

Parent Heart Watch



A national voice

For more information
please log onto
www.parentheartwatch.org



Parent Heart Watch

Help

Empower, connect and educate parents on the effects of SCA in children.

Sudden death at any age is a tragedy. When the victim is a child, the tragedy is even more horrific...

Parent Heart Watch was established by parents, for parents and families that have been affected by Sudden Cardiac Arrest (SCA) throughout the United States. Through this state-by-state network these families have been empowering each other to turn their tragedy into positive efforts for families and communities across the nation.

In addition to helping in the fight against SCA, Parent Heart Watch is a support system for those who have already been affected by the loss of a beloved child that comes so unexpectedly from SCA.

In 2006, Parent Heart Watch held its inaugural leadership forum for families who had lost children to SCA. This forum was designed so families could attend seminars that helped them cope with loss and also learn to empower one another through the creation of programs that educate the public about SCA.



Members were provided with facts and information that would help drive change in their communities. Information sharing seminars were held by cardiologists, automated external defibrillator manufacturers and parents that had already made a visible effort in their communities. Their efforts bring education and awareness about SCA to the forefront and spark a collaborative effort to mandate change in the attitudes toward SCA.

This annual forum brought Parent Heart Watch from a group of grieving families to a strong working foundation. Families from across the nation are now working toward change by spreading their knowledge to help save lives, one beat at a time.

Parent Heart Watch will hold an annual forum to continue delivering tools, resources, and coaching that will empower the parents and members interested in carrying out the true mission of the foundation – advocate for awareness and change in the fight against SCA.

Sponsorship opportunities are available for the National Leadership Forum.

Please contact Laura Friend at 817-788-2960 for more information.



Anthony Bates
Son Anthony Bates died July 31, 2000 after a light workout at the Kansas State weight room. He got in his truck and had a sudden cardiac arrest while driving, and crashed his truck. Physicians at the hospital worked on him for 3 hours but were unable to revive him. Cause of death was undetected hypertrophic cardiomyopathy.



Parent Heart Watch



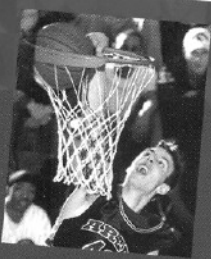

A national voice



Sarah Friend
Sarah was walking up the stairs at a local waterpark on July 14, 2004. She collapsed and never regained consciousness. She was pronounced dead at the hospital a short time later. Hypertrophic cardiomyopathy (HCM) was found to be the cause of the fatal cardiac arrest. Other family members have since been tested and found to have heart defects.



Danica Canfield
Danica died on Jan. 14, 2002 at age 15 while preparing to train with the high school crew team. The school had a defibrillator but did not know where it was located. Cause of the fatal sudden cardiac arrest was found to be ARVD (arrhythmogenic right ventricular dysplasia). She had been misdiagnosed with exercise induced asthma. Other family members are now screened regularly.

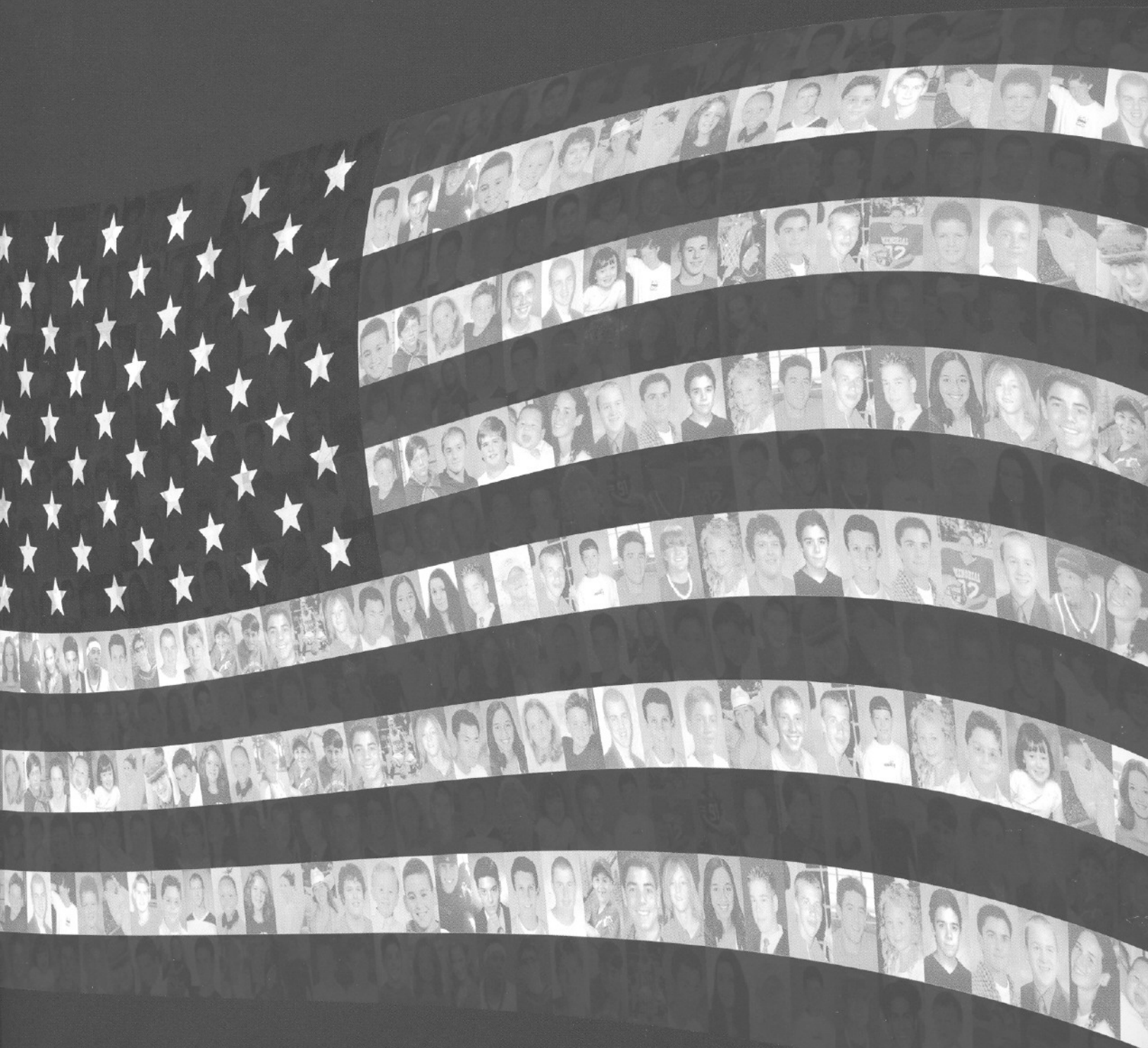


Jarrett Brenner
Jarrett collapsed and died during half time of an all-star basketball game on March 24, 2005. His cause of death was found to be arrhythmogenic right ventricular dysplasia (ARVD).

Parent Heart Watch



A national voice



About Parent Heart Watch

Parent Heart Watch (PHW) is a 501(c)(3) national network of families founded by parents, for parents, who have either lost a child to Sudden Cardiac Arrest (SCA) or whose child is at known risk for SCA.

Together, through state-by-state networks, the families have formed a national voice dedicated to driving change through information sharing, support networks and the formulation of nationwide programs.

Mission

The members of Parent Heart Watch advocate for awareness and change—all with the goal of protecting children from SCA.

Objectives

Parent Heart Watch focuses its energies and resources on the following causes:

- **Help** - Empower, connect and educate parents on the effects of SCA in children.
- **Education** - Promote awareness about the true extent of SCA in young people.
- **Advocacy** - Affect public policy change on local, state and national levels so communities take action.
- **Research** - Establish credible research initiatives for SCA in children.
- **Technology** - Place Automated External Defibrillators (AEDs) in all places where youth congregate, and promote cardiac screenings in young people.

PHW calls on the talents and passion of parents whose children have suffered from SCA. Its mission has been brought to life through the following types of programs:

- National Leadership Forum to build a national network, "one voice" in the fight against SCA.
- AED Placement & Education in schools, sports venues and other public places where youth congregate.
- Cardiac Screenings for young people nationwide.
- Advocacy Programs.

"No one but the parents can fully comprehend the loss that fuels our passion. Our collective voice will make more of an impact than each of us going it alone. Together, let's spread the word about preventing SCA so that no child ever dies again."

Rachel Moyer, Co-Founder of Parent Heart Watch

CHAIN OF SURVIVAL

1

Early
911 access



2

Early
CPR



3

Early
Defibrillation



4

Early Advance
Life Care



What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is not a heart attack. It is an abrupt collapse of the heart and its ability to pump blood. The body's electrical system becomes defective and the heart is not able to form an organized beat and is plunged into rapid or chaotic activity.

The most common cause of SCA is an undiagnosed or diagnosed heart condition. It can also be associated with heart conditions such as heart stroke, asthma, drowning, electrocution, or an allergic reaction. A sudden impact to the chest or medication can also be common causes.

90-95 percent of all SCA victims die. Documented Automated External Defibrillator (AED) programs have shown that survival rates can rise to 70% or more when an AED program is in place.

Cardiac pre-screening and health physicals should contain heart related questions that are recommended by the American Heart Association. The answers to these questions could pinpoint youths at risk so that preventive measures can be taken for that individual.

Parent Heart Watch



Protecting Children From Sudden Cardiac Arrest

Many families.

One cause.

A national voice.

Did You Know?

More than 450,000 Americans die each year from Sudden Cardiac Arrest (SCA).
Thousands are Children.

According to the Pediatric Clinic of North America, SCA kills 7,000 – 10,000 children every year.

SCA is indiscriminate to age, race, or gender. It may be inherited or acquired.

Estimates conclude that widespread availability and use of Automated External Defibrillators (AEDs) could save as many as 50,000 Americans each year.

For every minute that passes without defibrillation, a victim's chance of survival decreases 10 percent. On average, it takes EMS teams in the U.S. 6 to 12 minutes to arrive.

Parent Heart Watch



Support Parent Heart Watch!

Parent Heart Watch is a 501(c)(3) charitable organization. The families involved have dedicated their lives to this cause.

In order to establish programs and create a national impact, Parent Heart Watch needs support from you, businesses, and communities across the country.

Join Parent Heart Watch

Parents and citizens who want to protect children from the devastating effects of Sudden Cardiac Arrest (SCA) by working for change are encouraged to join Parent Heart Watch. Join us by logging onto www.parentheartwatch.org.

Sponsorship Opportunities



Medtronic
FOUNDATION
Founding Sponsor



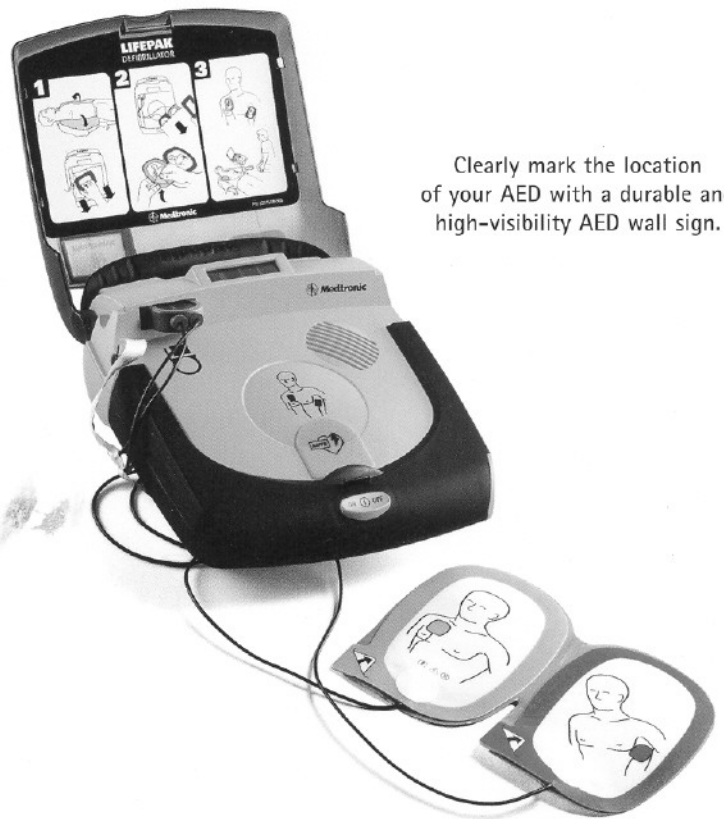
CARDIAC SCIENCE

There are many sponsorship opportunities available within PHW. Your financial support will help carry out our objectives and further develop the programs established.

- AED Placement & Education
- Advocacy Support
- Cardiac Screenings
- Leadership Symposium

Get Involved

Your commitment to promoting awareness about SCA in your community is greatly needed. Parent Heart Watch has the tools and resources you need to begin the SCA awareness and change process in your own community. Whether you are a parent, a legislator, a school official, a local business, a first responder or simply a concerned citizen, learning more about SCA prevention is the first step toward a healthier community.



Clearly mark the location of your AED with a durable and high-visibility AED wall sign.

Visit us on the web at
www.parentheartwatch.org

Find resources to help you get started today!



Let the Beat Go On...



Parent Heart Watch



Janna Becker

Janna had two fainting episodes during an 11-month period, and doctors told us to make sure she was eating and drinking enough. She died in her sleep on Dec. 31, 2002 at age 15. Long QT Syndrome was responsible for her death. Other family members since have been found to have Long QT syndrome as well.



Parent Heart Watch



Nicholas DePasquale

Nicholas was stricken at home and died of short QT interval on Oct. 6, 2004. Our other children have been tested and found to also have short QT syndrome and now have implantable cardioverter defibrillators in place.

Ask Questions

Knowledge can save a life. Ask questions!

Questions to ask your FAMILY

Has anyone in our family...

- had any unexplained deaths before age 50?
- had any unexplained deaths from drowning or a motor vehicle crash?
- younger than age 50 had an enlarged heart or heart failure?
- fainted or had seizures for no reason?
- had other heart problems?
- had hypertrophic cardiomyopathy, Long QT Syndrome, Marfan Syndrome or Right Ventricular Dysplasia?

Questions to ask your CHILD

Have you ever had...

- fainting or dizziness during or after exercise?
- fainting with emotion or from being scared?
- chest pains with exercise?
- unusual shortness of breath with exercise?
- excessive tiredness with exercise?

Questions to ask your DOCTOR

- What is my child's blood pressure and is it normal?
- What is his/her heart rate and is it normal?
- If my child has an abnormal heart murmur or abnormal heart rhythm or has fainted, I would like a referral to a pediatric cardiologist.

Questions to ask your COACH or SCHOOL

- Do you have an AED available in school buildings?
- Where is the AED during sports practice and games or competitions? How far away is that?
- Is the AED always visible and accessible?
- How many people are trained to use the AED?
- Do you have an emergency plan for when a child collapses? May I see it?

Sudden Cardiac Arrest (SCA)

What SCA Isn't

Sudden cardiac arrest is not a heart attack. It is a condition in which the heart stops abruptly and unexpectedly and no longer pumps blood. A heart attack results from a loss of blood supply to the heart muscle, causing heart muscle tissue to die. It may lead to a cardiac arrest from ventricular fibrillation.

What You Need to Know About SCA

In SCA, there is a sudden loss of electrical heart function that is caused by ventricular fibrillation (VF), an abnormality in the heart's electrical system that causes the heart to quiver and blood flow to the body and brain to stop.

SCA occurs without respect to age, race, or gender. It is usually caused by a previously undiagnosed congenital or acquired heart disorder, and can cause death (sudden cardiac death) if emergency care is not immediately available.

What Causes SCA

The causes of SCA can be genetic (passed down in families) or acquired (caused by a viral illness or a sudden blow to the chest). The origins of this condition are often difficult to diagnose and in some cases it may not be possible to identify the precise cause. The following list details the most common causes:

Primary Structural Heart Defects

- } Cardiomyopathy (CM)
 - Hypertrophic, Dilated, or Restrictive CM
 - Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- } Coronary Artery Anomalies
- } Aortic Artery Anomalies
- } Un-operated Congenital Heart Defects
- } Post-operative Congenital Heart Disease

Primary Electrical Heart Diseases

- } Long QT Syndrome
- } Short QT Syndrome
- } Cardiopulmonary Ventricular Tachycardia (CPVT)
- } Wolff-Parkinson-White (WPW) Syndrome
- } Post-operative Congenital Heart Disease

Other Causes

- } Commotio Cordis – a blunt blow to the chest at a certain time during the heart cycle
- } Drugs or medications that affect the electrical system of the heart
- } Kawasaki Disease with coronary aneurysms
- } Myocarditis—an inflammation of the heart



Parent Heart Watch
P.O. Box 237
Geneva, OH 44041

Printed courtesy of



The premier provider of
defibrillators, defibrillator
accessories, and training.



Parent Heart Watch

More than 350,000 Americans die each year
from sudden cardiac arrest. Thousands are children.
Learn what you can do to prevent needless tragedies.



Sarah Friend
1991-2004

The mission of Parent Heart Watch is to reduce
the often disastrous effects of Sudden Cardiac Arrest (SCA)
in children. Parent Heart Watch enables information sharing,
support networks, and the formulation of nationwide programs
that meet our mission and vision.

When Sudden Cardiac Arrest Happens

CHAIN OF SURVIVAL

Survival Facts

1

Early
911 access

Call
911

Early access matters. Children and adolescents who experience a sudden cardiac arrest event with ventricular fibrillation can often be successfully treated with early CPR and rapid defibrillation with an automated external defibrillator (AED). Prompt recognition of SCA and the early activation of Emergency Medical Services (EMS) are critical factors in the victim's survival.

2

Early
CPR

Perform
CPR

3

Early
Defibrillation

Administer
AED

4

Early Advance
Life Care

Early Advanced
LIFE CARE

AEDs Save Lives

An AED is a device that looks for a shockable heart rhythm and delivers a defibrillation shock if needed. AEDs are small, portable, automated, and simple to use. Sixth-grade school children with moderate training can learn to use AEDs almost as quickly and efficiently as medical personnel.

The key to saving a victim of SCA is time. For every minute that passes without defibrillation, a victim's chance of survival decreases 10%. On average, it takes EMS teams in the United States 6 to 12 minutes to arrive at an emergency scene. Not all rescues involving an AED are successful, but when they are deployed widely and used quickly, survival rates of 50% or greater have been reported—a far cry from the 2% to 5% survival rates from using CPR alone.

Public Access Defibrillation Programs

Public Access Defibrillation (PAD) programs are an important step in reducing SCA in children. PAD programs require AEDs to be placed near locations where people work or gather. However, simply distributing AEDs is not enough. Successful programs actively recruit and make it easy for as many people as possible to acquire the skills and the confidence to use AEDs during emergencies.

AED programs could save as many as 50,000 Americans each year.

You Can Make a Difference

Why become a champion for change?

If only we had known that we had options...

If only we had been told that there are screening tests or preventative treatments...

If only we had known that our child looked normal but his or her heart wasn't...

If only we had known that an AED could give our child another chance...

...then maybe we wouldn't have lost our child.

There is hope to save others.

Your commitment to promoting SCA awareness in your community is greatly needed. Parent Heart Watch has the tools and resources you need to bring SCA awareness to your own community and begin to change practices there. Whether you are a parent, a legislator, a school official, a local businessperson, a first responder, or a concerned citizen, learning more about SCA prevention is the first step to building a safer community:

- Find out what is going on in your community and state.
- Check with your community leaders to see if they have implemented community Public Access Defibrillation (PAD) programs.
- Check with your school or local recreation leagues to see if they have a PAD program.
- Ask your local EMS system to train school personnel and coaches.
- Ask local community organizations to hold fundraisers to provide AEDs for local community buildings.
- Contact your local state representative's or senator's office to see if any bills may be pending and how you can support or introduce them.
- Become an AED/CPR trainer and provide service to your local community.

Parents and citizens who want to protect children from the devastating effects of SCA by working for change are encouraged to join Parent Heart Watch.

Join us by logging onto
www.parentheartwatch.org.



Champions for Change

Why We Do What We Do

Each year, thousands of children, teens, and young adults suffer sudden cardiac arrest (SCA). Often, the outcome is sudden death.

Who We Are

Parent Heart Watch (PHW) is a state-by-state network of parents and partners dedicated to reducing the often disastrous effects of SCA in children.

Established by parents, for parents and families throughout the United States who have been affected by sudden cardiac arrest, PHW advocates for awareness and change—all with the goal of protecting children from SCA.

Our Goals, Our Vision

Our goal is to share our energy and resources to prevent the tragedy of SCA in any child by making the most current and correct information available to as many people as possible. We do this by providing information about cardiac arrest prevention and treatment to the medical community, parents, schools, and our communities.

The parents involved with Parent Heart Watch work with legislators on the state and federal level to pass laws that require automated external defibrillators (AEDs) in schools, on athletic playing fields, and other public places. In addition, PHW promotes cardiac health awareness by encouraging the widespread use of cardiac screenings in young people.

Our vision is to become the national voice that shares the common knowledge of the devastating effects of SCA—and to continue delivering tools, resources, and coaching to empower parents and members interested in carrying out the true mission of the foundation: advocating for awareness and change in the fight against SCA.



Let the Beat Go On...

Sudden Cardiac Death Prevention & Awareness

The Warning Signs of a Cardiac Problem

If any of the following signs are present in a child, or if a family history of these signs exists, the child should be evaluated further by his or her primary care physician:

- Abnormal heart murmur
- Fainting or dizziness, especially during or immediately after exercise
- Excessive fatigue associated with exercise
- Excessive shortness of breath with exercise
- Unusual chest pain or discomfort with exercise
- Skipping or racing heartbeats
- High blood pressure
- Premature death from cardiovascular death in a close relative younger than age 50
- Close relatives with heart conditions

If any of these signs are present in a child or family history, they should be evaluated further by his/her Primary family physician.

Other Cardiac Screening Tests

Parent Heart Watch encourages the use of cardiac screenings in children to identify any conditions that may lead to SCA:

- 24 hour Ambulatory Monitoring
- Electrocardiogram (ECG or EKG) Monitoring
- Echocardiogram (ECHO)
- Chest X-ray
- Magnetic resonance imaging (MRI)
- Chest computed tomography (CT) scan
- Exercise stress testing
- Electrophysiologic Study

SCA Statistics in Children

- It is estimated that thousands of children die of SCA in the United States each year.
- SCA most often occurs in children aged 10 to 19.
- SCA affects males 4 times more often than females.
- SCA occurs during exercise more than 60% of the time.
- Congenital heart disease (CHD), a structural abnormality of the heart, is the most frequently occurring birth defect associated with SCA, and is the leading cause of deaths related to birth defects.
- Many cases of sudden cardiac death in young athletes are associated with undiagnosed CHD.