

Website Resources

- Sudden Death in Athletes
<http://tinyurl.com/m2gjmvmq>
- Hypertrophic Cardiomyopathy Association
www.4hcm.org
- American Heart Association www.heart.org

Collaborating Agencies:

American Academy of Pediatrics

New Jersey Chapter
3836 Quakerbridge Road, Suite 108
Hamilton, NJ 08619
(p) 609-842-0014
(f) 609-842-0015
www.aapnj.org



American Heart Association

1 Union Street, Suite 301
Robbinsville, NJ, 08691
(p) 609-208-0020
www.heart.org



New Jersey Department of Education

PO Box 500
Trenton, NJ 08625-0500
(p) 609-292-5935
www.state.nj.us/education/



New Jersey Department of Health

P. O. Box 360
Trenton, NJ 08625-0360
(p) 609-292-7837
www.state.nj.us/health



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SUDDEN CARDIAC DEATH IN YOUNG ATHLETES

The Basic Facts on
Sudden Cardiac Death
in Young Athletes



STATE OF NEW JERSEY
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American Academy of Pediatrics

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American Heart
Association



Learn and Live

SUDDEN CARDIAC DEATH

Sudden death in young athletes

between the ages of 10
and 19 is very rare.

What, if anything, can be
done to prevent this kind of
tragedy?

What is sudden cardiac death
in the young athlete?

Sudden cardiac death is the
result of an unexpected failure of proper
heart function, usually (about 60% of the
time) during or immediately after exercise
without trauma. Since the heart stops
pumping adequately, the athlete quickly
collapses, loses consciousness, and
ultimately dies unless normal heart rhythm
is restored using an automated external
defibrillator (AED).

How common is sudden death in young
athletes?

Sudden cardiac death in young athletes is
very rare. About 100 such deaths are
reported in the United States per year.
The chance of sudden death occurring
to any individual high school athlete is
about one in 200,000 per year.

Sudden cardiac death is more
common in males than in females;
in football and basketball than in
other sports; and in African-Americans than
in other races and ethnic groups.

