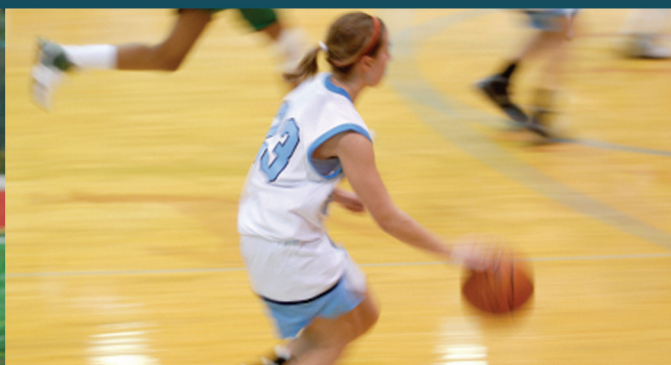




Every year, on athletic fields across the country, young hearts stop suddenly from a blow to the chest. Is your league or school prepared?



Every young athlete deserves to be safe on the field.

Since 2001, 188 young athletes have died as a result of **Commotio Cordis**, a blunt impact to the chest which results in a Sudden Cardiac Arrest (SCA). The impact, which occurs at an exact moment during the heart beat, causes the heart to go into a chaotic rhythm.

The *only* treatment is cardiopulmonary resuscitation (CPR) and early defibrillation from an Automated External Defibrillator (AED).

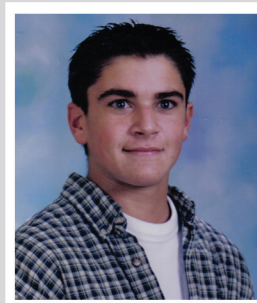
Take the time to ask and prepare:

- Is there an AED within reach at all times, during practices and games?
- Have the coaches, trainers, umpires and referees been trained in CPR /AED?
- Does the league have an Emergency Action Plan (EAP) should a young athlete go into a Sudden Cardiac Arrest?

For more information, visit www.parentheartwatch.org.



Made possible through the support of the Louis J. Acompora Memorial Foundation.



Louis died from Commotio Cordis at age 14, March 25, 2000, during a lacrosse game. In his position as 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, much too late to save him.



Parent Heart Watch.
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

www.ParentHeartWatch.org