

# Keep Your Heart in the Game

Cardiac conditions are the leading cause of death among athletes at all levels. Speak up if you experience any of these symptoms. It's better to check in than check out!

## Warning Signs for Sudden Cardiac Arrest

- ▶ Fainting or seizure, especially during or right after exercise
- ▶ Fainting with excitement or startle
- ▶ Excessive shortness of breath even after regular exercise
- ▶ Racing or fluttering heart palpitations, especially when you're at rest
- ▶ Dizziness or lightheadedness
- ▶ Chest pain or discomfort with exercise
- ▶ Excessive, unexpected fatigue during or after exercise

## Risk Factors for a Heart Condition

- ▶ Family history of sudden death before age 50
- ▶ Family history of known heart abnormalities, repaired or not
- ▶ Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- ▶ Excessive energy drinks, diet pills or performance-enhancing supplements
- ▶ Drug use



Consult a physician if any  
of these apply to you.