



Cardiac Risk Factor Screening

(discuss advisability of additional cardiac testing with your physician)

Shortness of breath/difficulty keeping up with peers in physical activity

Leg or face swelling

Lightheadedness

Irregular heart beat or breathing pattern

Fainting- especially when exercising. Passing out when exercising should be a sign to “STOP” and see a physician immediately. Do not attempt to return to exercise without a physician's consent

Family history of cardiac concerns - cardiac disease (especially if present in individuals under the age of 50 years), cardiac arrest, or sudden cardiac/unexplained death

Chest pain

IF YOU OR YOUR CHILD ARE ILL, seek immediate treatment of **lethargy/fatigue** that is **out of proportion** with fever or general appearance of the illness



Cardiac Warning Signs Before/During Activity

Gradually increase training intensity/volume (no >10% per week)

Listen to your body

Be aware of the environment – stay well **hydrated** and wear **appropriate clothing** types/layers

Train/race within your means

Know **signs** of possible cardiac disease - lightheadedness, dizziness, chest pains, heart racing or skipping beats, shortness of breath – both during and/or after a race or training session. Specifically **pay attention to changes in exercise tolerance** that don't otherwise have a good explanation

Be aware of the location of the **AED and medical assistance** at school, on the field, at work, along the race course

Get trained in **CPR** and **AED** use and be aware of your surroundings – you may be a first responder!

Consider a **medical alert and/or “in case of emergency”** bracelet or shoe tag