

HEART AT HIGH RISK

Sudden Cardiac Death results from abrupt loss of heart function

CAUSES

- **Ventricular fibrillation** | It is caused when heart is unable to pump blood due to short-circuiting in the lower chamber
- **Arrhythmogenic right ventricular dysplasia** | A condition in which heart muscles are weak



- **Ventricular tachycardia** | It is a condition in which heart rhythm becomes very fast
- **Hypertrophy cardiomyopathy** | A condition in which heart muscles are very thick

PRECAUTIONS

- Children should be carefully screened for any cardiac defects
- In case of SCD, attempt should be made to revive the patient by cardiopulmonary resuscitation
- Doctors say **75%** of SCD cases can be revived with CPR

HIGH RISK FACTORS

- Fluid electrolyte imbalance
- Prolonged exposure to heat
- Exercising for long hours
- Unmonitored high BP
- Physical and mental stress
- Chronic or acute anaemia

School girl colla

Lalit Kumar | TNN

Noida: A 12-year-old student of Noida's Amity International School died of cardiac arrest while waiting to play football on Tuesday morning.

Surbhi Rajput was rushed to the nearby Bharadwaj Hospital where doctors said she had died of "sudden cardiac arrest". Hospital director Dr V A Bhardwaj, said, "Cardio-pulmonary arrest can happen without any warning. We call it a natural deaths."

Surbhi was a student of class VII. "She was an outstanding sportsperson, besides always topping her examinations," said school principal, Mohina Dar. Her elder brother, Sanjay Rajput, studies in class XI in the same school. Dar said: "She was No. 1 in everything she attempted and won the first prize for getting full attendance every year. We are absolutely stunned by her death."

According to Dr Abha Verma, paediatrician and school medical in-charge, Surbhi was waiting to play football, with other students. Suddenly, she fainted and fell. I went and found she had very faint heartbeats and breathing. So, I gave her a heart massage and mouth-to-mouth respiration. As it didn't seem to be of much help, we rushed her to the hospital."

At the hospital, Dr Bhardwaj said: "She arrived with no heart-beat or respiration. So, we put a tube into her windpipe to push oxygen inside. We also used electric paddles to make her come round and then put her on life support system. She did come around for a minute, but lapsed for ever."

A visibly shocked Surbhi's businessman father Sanjay Rajput who stays in Sector 61, said: "The school did all that they could. It was our fate."

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