ARE YOU FIT FOR IT?

Every week at least 1 apparently FIT and HEALTHY young person in Ireland, and 8 young people in the UK, die of undiagnosed heart conditions

Many of these deaths occur during or following physical activity. The majority are due to genetic heart conditions inherited from another family member.

If there is a history of a young (under 35) sudden death in your family,

OR

If you have symptoms of:

- shortness of breath
- chest pain
- palpitations (rapid, irregular heart beat)
- light-headedness
- blackouts

on exertion that are out of proportion to the degree of physical effort.

Inform your doctor who may refer you to a specialist for cardiac screening.

BE SAFE!

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Croí na Féile