



**Cardiac  
Risk in the  
Young**

# CRY Cardiac Risk in the Young



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*fit* and *healthy*  
*young people* die of  
undiagnosed heart  
conditions

Offering *help*  
and *support* to  
affected families

  @CRY\_UK  
CardiacRiskintheYoung  
[www.c-r-y.org.uk](http://www.c-r-y.org.uk)

## Information and support



**It can be hard to believe that a young person who appears fit and healthy may be at risk from heart problems. However, every week in the UK at least 12 apparently fit and healthy young people aged 35 and under die from undiagnosed heart conditions.**

Sudden death syndrome is an umbrella term used for the many different causes of young sudden cardiac death (YSCD). These conditions include thickening or abnormal structure of the heart muscle and irregularities in the heart's electrical impulses which can upset its natural rhythm.

### **Bereavement Support**

*Offering help and support to affected families*

Families often seek support following a young sudden cardiac death. CRY maintains a network of trained counsellors with personal experience of a similar tragedy and provides opportunities for bereaved families to come together at meetings across the UK.

[c-r-y.org.uk/bereavement](http://c-r-y.org.uk/bereavement)

### **myheart Network**

*Support for young people diagnosed with heart conditions*

CRY's myheart Network provides help, support and information to young people who are coping with the diagnosis of a heart condition. Regular meetings are held where members can share their experiences and put questions to an expert cardiologist.

[myheart.org.uk](http://myheart.org.uk)

### **CRY Centre for Cardiac Pathology (CRY CCP)**

*Understanding the cause of death*

Following a young sudden death, it is often not possible to test other family members who may be at risk from the same cardiac abnormality until a cause of death is determined. The CRY CCP offers a fast-track cardiac pathology service for bereaved families.

[cry-ccp.org.uk](http://cry-ccp.org.uk)

[www.c-r-y.org.uk](http://www.c-r-y.org.uk)

# Screening and research

**In 80% of cases of young sudden cardiac death (YSCD) there are no prior symptoms of a heart defect.**

CRY believes the frequency of YSCD can be dramatically reduced by making heart screening available to all young people between the ages of 14 and 35. CRY operates a national screening programme in the UK and funds medical research into the conditions that can cause YSCD.

## Cardiac Screening

*Identifying young people at risk*

A simple way to diagnose most cardiac abnormalities is a quick, painless and non-invasive test called an ECG which records the electrical activity of the heart. If a more detailed image is required, an ultrasound scan of the heart – called an echocardiogram – can be taken. Any person between the ages of 14 and 35 can book a place at a CRY screening event.

[testmyheart.org](http://testmyheart.org)

CRY recommends young people are referred (through their GP) to a specialist cardiologist for screening if they are experiencing any of the following symptoms:

- chest pain (exercise-related)
- breathlessness
- palpitations
- dizziness
- fainting

All first-degree relatives should also seek referral to a specialist cardiologist when there has been a young sudden death in the family.

## Research

*Furthering our understanding of young sudden death*

CRY's screening programme not only identifies people at risk but also provides data for vital research into cardiac abnormalities. CRY Consultant Cardiologist, Professor Sanjay Sharma, directs one of the world's leading centres for research into conditions causing sudden death syndrome – the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology. The centre's findings are published in peer-reviewed journals and CRY's research has developed internationally recognised guidelines for cardiac screening and diagnostics.

[c-r-y.org.uk/research](http://c-r-y.org.uk/research)

Registered Charity No. 1050845



# Our Patrons



For more information about  
CRY's Patrons, please go to  
[www.c-r-y.org.uk/patrons](http://www.c-r-y.org.uk/patrons)

# What CRY has achieved



## **CRY was the first organisation to draw attention to the range of conditions that can cause young sudden cardiac death (YSCD).**

CRY is dedicated to saving the lives of young people affected by these conditions through screening, research and raising awareness.

### **Since it began in 1995 CRY has:**

- successfully informed government policy, leading to new NHS guidelines for what should happen after a young sudden death
- seen the formation of the CRY All Party Parliamentary Group (APPG), which has attracted cross-party support and has a membership of over **100** MPs
- developed the CRY national screening programme and established clinics around the UK
- screened over **70,000** young people
- founded the CRY Centre for Cardiac Pathology (CRY CCP) to provide a fast-track service for bereaved families
- established the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology at St George's Hospital in London – bringing together research into YSCD, regular screening clinics, expert treatment, and the world's first specialist centre for the cardiac evaluation of athletes
- funded over **20** CRY Research Fellowship grants
- published over **100** articles, book chapters and academic papers in peer-reviewed medical journals
- launched the annual CRY International Medical Conference, where world experts in cardiology present the latest developments in their research

# Why does CRY need your help?



**Your involvement, however, small, is crucial to helping us raise awareness about the risk of sudden cardiac death in young people.**

## **By fundraising for CRY you will be helping to:**

- subsidise and expand CRY's national screening programme. Our aim is to make cardiac screening accessible to all young people aged between **14** and **35**
- fund our Bereavement Support Programme to provide counselling and support to affected families
- support research into young sudden cardiac death
- develop the myheart Network to provide help, support and information to young people living with cardiac conditions
- provide all CRY literature and information free of charge upon request
- develop the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology
- develop the CRY Centre for Cardiac Pathology (CRY CCP)

You can donate to CRY online,  
by cheque or by credit card.

For more details call **01737 363222**  
or visit **[www.c-r-y.org.uk/donate](http://www.c-r-y.org.uk/donate)**



All your help is greatly appreciated.

For more information about CRY visit **[www.c-r-y.org.uk](http://www.c-r-y.org.uk)**



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**/cryvideos**