

# ADDEWID I ACHUB BYWYDAU IFANC

Mae nifer o ganllawiau ac argymhellion yn sail i bolisi gofal iechyd y DU i atal marwolaethau sydyn y galon ymhlith yr ifanc. Mae'r rhain yn cynnwys:

- Fframwaith Gwasanaeth Cenedlaethol yr Adran Iechyd ar gyfer Clefyd Coronaidd y Galon, Pennod 8
- Y Sefydliad Cenedlaethol dros Ragoriaeth mewn Iechyd a Gofal (NICE) Colli ymwybyddiaeth dros dro ('blacowts') ymhlith pobl dros 16 oed
- Argymhelliad Pwyllgor Sgrinio Cenedlaethol y DU (UK NSC) ar sgrinio i atal Marwolaeth Sydyn y Galon ymhlith rhai 12 i 39 mlwydd oed
- Cynllun Gweithredu Clefyd y Galon 2021

Mae polisiâu presennol y DU yn gwrth-ddweud ei gilydd, gyda'n canllawiau cyfredol yn seiliedig ar asesiadau anghyson o amlder, dulliau o wneud diagnosis a dulliau rheoli cyflyrau calon mewn pobl ifanc.

Mae ar y DU angen strategaeth genedlaethol i sicrhau bod y canllawiau a'r polisiâu i atal marwolaeth sydyn y galon ymhlith yr ifanc yn gyson. Cam cyntaf strategaeth genedlaethol ddylai fod cydnabod amlder y marwolaethau hyn yn gywir.

Rhydd adroddiad diweddaraf Pwyllgor Sgrinio Cenedlaethol y DU (\*) a llythyr diweddar at y llywodraeth oddi wrth Awdurdod Ystadegau'r DU (\*) - dystiolaeth glir mai ychydig o adrodd sydd am nifer marwolaethau sydyn y galon ymhlith yr ifanc (35 oed ac iau).

Yn 2015, ystyriai cynghorwyr polisi mai "bychan bach" oedd y risg o farwolaeth sydyn y galon yn yr ifanc, gan ddweud mai ym



Nid mater "bychan bach" yw 12 o bobl ifanc yn marw bob **WYTHNOS**

NI ELLIR cymharu **ataliad ar y galon mewn person ifanc** â **thrawiadau ar y galon ymhlith yr henoed** (\*). Gellir cael mynediad at ddolenni cyswllt i Adroddiad Pwyllgor Sgrinio Cenedlaethol y DU a llythyr Awdurdod Ystadegau'r DU yn [www.c-r-y.org.uk/my-pledge](http://www.c-r-y.org.uk/my-pledge).

**"Rwyf i (ENW MEWN LLYTHRENNAU BRAS)**

**(LLOFNODWCH)**

**yn addo**

**cefnogi Strategaeth Genedlaethol ar gyfer Atal Marwolaeth Sydyn y Galon ymhlith yr Ifanc er mwyn bod o gymorth i achub bywydau'r 12 o bobl ifanc sy'n ymddangos yn ffit ac yn iach ond sy'n marw bob wythnos yn y DU o ganlyniad i gyflyrau'r galon heb eu darganfod.**

ACaiff enw pob Aelod o'r Senedd fydd wedi cefnogi'r addewid hon (mewn llythyr, e-bost, trydariat neu arall) ei ychwanegu at y dudalen we [www.c-r-y.org.uk/my-pledge-AS](http://www.c-r-y.org.uk/my-pledge-AS) lle y nodir "Mae'r ASau canlynol wedi addo eu cefnogaeth i sefydlu Strategaeth Genedlaethol ar gyfer Atal Marwolaeth Sydyn y Galon ymhlith yr Ifanc yn y DU." (\*)Gellir cael mynediad at ddolenni cyswllt i Adroddiad Pwyllgor Sgrinio Cenedlaethol y DU a llythyr Awdurdod Ystadegau'r DU yn [www.c-r-y.org.uk/my-pledge](http://www.c-r-y.org.uk/my-pledge).

# PLEDGE TO SAVE YOUNG LIVES

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UK healthcare policy to prevent young sudden cardiac deaths is informed by a number of guidelines and recommendations. These include:

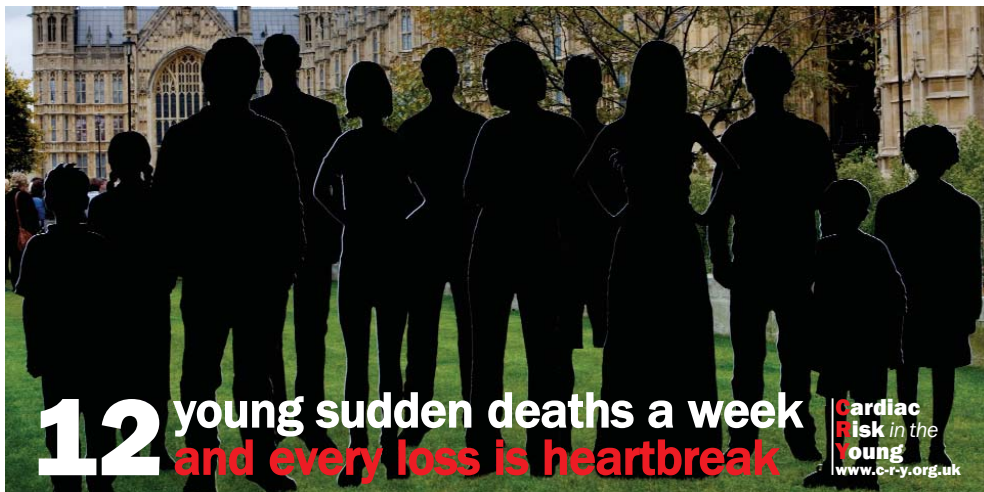
- **Department of Health** National Service Framework for Coronary Heart Disease, Chapter 8
- **National Institute for Health and Care Excellence (NICE)** Transient loss of consciousness ('blackouts') in over 16s
- **UK National Screening Committee (UK NSC)** recommendation on screening to prevent Sudden Cardiac Death in 12 to 39 year olds

Current UK policies are contradictory, with our guidelines based on inconsistent assessments of the incidence, methods of diagnosis and management of cardiac conditions in young people.

The UK needs a national strategy to ensure the guidelines and policies to prevent young sudden cardiac death are consistent. The first stage of a national strategy should be to correctly acknowledge the incidence of these deaths.

The latest report from the UK National Screening Committee (\*) and a recent letter to the government from the UK Statistics Authority (\*) provide clear evidence that the number of young sudden cardiac deaths (age 35 and under) is significantly under-reported.

In 2015, policy advisors considered the risk of young sudden cardiac death "tiny" and said that "the overwhelming majority of heart attacks happen in elderly people." (\*)



12 young people dying every **WEEK** is not a "tiny" issue

**Cardiac arrest in the young** is NOT comparable to **heart attacks in the elderly**

(\*) links to the UK NSC report and UK Statistics Authority letter can be accessed at [www.c-r-y.org.uk/my-pledge](http://www.c-r-y.org.uk/my-pledge).

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"I (PRINT NAME)

(SIGN)

pledge to

**support a National Strategy for the Prevention of Young Sudden Cardiac Death to help save the lives of the 12 apparently fit and healthy young people who die every week in the UK of undiagnosed cardiac conditions."**

All those MSs who support this pledge (in a letter, email, tweet or other) will have their name added to the webpage [www.c-r-y.org.uk/my-pledge-ms](http://www.c-r-y.org.uk/my-pledge-ms) where it will state "The following MPs have pledged their support to establish a National Strategy for the Prevention of Young Sudden Cardiac Death in the UK."(\*) links to the UK NSC report and UK Statistics Authority letter can be accessed at [www.c-r-y.org.uk/my-pledge](http://www.c-r-y.org.uk/my-pledge)

**I pledge  
to help save  
young lives**

**#MPSUPPORT4CRY**

