

### WELCOME TO SADS!



Pam Husband for support and information after receiving the diagnosis.

*"After receiving that phone call - the one everyone dreads and never expects - witnessing my parents trying to cope with the loss of a child, something so unimaginably devastating, and trying to carry on with my own life after the tragic loss of my brother and friend, I realize how vital it is that more young people understand the warning signs of cardiac arrhythmias.*

*My goal is to spread awareness about the SADS diseases and Warning Signs to save lives - so no more families have to go through what mine did. The Canadian SADS Foundation played an integral role in supporting our family after my brother's death and I am honoured to be a part of this wonderful organization".*

We are excited to have Andrea on our team and look forward to the contributions she will make to the Foundation. Andrea can be reached at: [andrea.wilmot@sads.ca](mailto:andrea.wilmot@sads.ca)



Andrea is a wife, a mother and a painter living on BC's Sunshine Coast. On March 3, 2013, Andrea's son Adam died suddenly and unexpectedly. Andrea connected with The Canadian SADS Foundation and has been the driving force behind the Canadian

SADS Facebook page over the last year or so. We are grateful for Andrea's contribution to the Foundation and we are delighted to have her as a member of our team. You can learn more about Andrea at: <http://andreapratt.com/>



We are excited to welcome Jenny Dang from Western University's Not-for-profit Management program as our first intern this spring. The combination of Jenny's experience and enthusiasm will make her a valuable and important addition to the Canadian SADS team.

### WHAT'S NEW?

#### UNIVERSITY AND COLLEGE AWARENESS & EDUCATION

We are pleased to announce the launch of a new program to raise awareness and promote education of SADS conditions on university and college campuses. It is estimated that at least 600 Canadians under the age of 35 die annually from a sudden cardiac arrest (SCA). For at least 50% of those who die from an SCA, there is evidence (reports from family and friends) that these people had experienced one or more of the warning signs prior to their event.

We believe it is crucial to educate this group of young adults - as well as University Health Services, Student Services Professionals, Residence Managers and any members of staff who have direct contact with students. University students are at a critical age for the presentation of some of these conditions, which can be compounded by the stressful nature of student life.

Goals of our program: to increase awareness on campus and encourage students to be proactive if they are experiencing any of the potentially life-threatening warning signs of conditions that can cause a sudden cardiac arrest. Also, by providing education and information we can help people living with these conditions get the proper medical care and support they need to lead productive lives. University and college should be a time for learning, friendships and fun - it should not be cut short because of a potentially fatal, and in most cases, treatable condition. This program will be rolling out on a few select campuses this fall.

## PAST EVENTS & WHAT WE'VE BEEN DOING

### CARASSAUGA



The Canadian SADS Foundation teamed up with Carassauga: Mississauga's Festival of Cultures for their second annual Charity & Community Challenge to raise awareness about inherited cardiac rhythm disorders. Carassauga is Ontario's largest multicultural festival run by over 6000 volunteers. This year's event took place on May 22nd, 23rd, and 24th, 2015, and is in its 30th consecutive year of operation. Through the Charity and Community Challenge and its unique peer-to-peer fundraising initiative, SADS attracted enough participants to win a booth at the festival as well as a spot on Rogers cable television. Pam Husband and Andrea Wilmot were given a platform to speak about the Foundation and upcoming projects, the importance of increasing awareness of inherited cardiac rhythm conditions and the warning signs, as well as the importance of community engagement and involvement in educating the population about these conditions. The Canadian SADS Foundation would like to thank everyone who signed-up, participated, and volunteered their time and resources to help spread awareness of the SADS conditions.

### ALPHA PHI - RED DRESS GALA

On January 31st, 2015 Pam Husband, was invited to speak at Alpha Phi's Red Dress Gala in London, Ontario. The sorority is part of Western University and their annual gala focuses on raising awareness of women's heart diseases, including SADS conditions. We would like to thank Alpha Phi's work and generous contributions to our organization.



### SCHOOL PRESENTATION

Last November, Pam Husband, Executive Director of the Foundation, and Bill McTaggart, a retired paramedic and college instructor, spoke at St. Catherine of Sienna School in Barrie, Ontario to an assembly of 150 grade 7 and grade 8 students and their teachers. They spoke about the importance of recognizing the warning signs of SADS conditions as well as how crucial CPR and AED training can be if a fellow student or teacher experiences a sudden cardiac arrest. This is part of Canadian SADS awareness campaign to target youth and increase education and awareness about the warning signs for inherited cardiac rhythm conditions. If you are interested in receiving educational materials or would like the Canadian SADS Foundation to host a presentation at your school, please contact Andrea Wilmot at [andrea.wilmot@sads.ca](mailto:andrea.wilmot@sads.ca)

## WE LOVE TO HEAR FROM YOU!

Please visit our website [www.sads.ca](http://www.sads.ca) for more information about important and upcoming news and events.

If you would like to share your stories that inspire or your stories in memory of a loved one please contact Andrea Wilmot at: [andrea.wilmot@sads.ca](mailto:andrea.wilmot@sads.ca)

Thank  
YOU!

Together we can create a network of patients, families and health care professionals to remember those who have died too soon, support families in need, and raise awareness of inherited cardiac rhythm conditions to prevent more sudden deaths in young people. Together we can make a difference!