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CPR and AEDs Save Lives: Statement on Christian Eriksen's Return to Play Joint Press Release: SADS Foundation, Canadian SADS Foundation, ARVC Family Support Canada

Professional Danish soccer player Christian Eriksen went into Sudden Cardiac Arrest (SCA) during Denmark's 2020 opening game against Finland. Medical staff administered CPR, and after noticing his heart had stopped beating, called for an Automated External Defibrillator (AED), which shocked Eriksen's heart back into rhythm and saved his life. This November, Christian Eriksen will be returning to play because of these lifesaving actions.

At The Canadian SADS Foundation, we applaud the quick actions of the medical staff, which demonstrates the exact sequence of actions that should be taken when someone experiences SCA. SCA is one of the leading causes of death in Canada, affecting around 35,000 people each year; and can happen to anyone, at any age. While 90% of out-of-hospital SCA events are fatal, CPR can triple a person's chance of survival, and an AED increases the chance of survival by 74% when administered within the first few minutes of collapse (2022 AHA Heart Disease and Stroke Statistics).

Sudden Cardiac Arrest can be the first sign of a heart problem. It affects people of all ages, including kids and teens who seem healthy and fit, and is one of the top killers of student athletes in Canada.

Christian Eriksen's resuscitation demonstrates the life-saving actions that must be taken immediately in an out-of-hospital cardiac arrest for the victim to have a chance to survive:

- Know the signs of Sudden Cardiac Arrest
- Learn CPR
- Make sure AEDs are maintained & accessible in public spaces

At The Canadian SADS Foundation, we encourage communities to make public spaces heart safe this November as Christian Eriksen returns to play thanks to a perfectly executed Chain of Survival.

Listed below is information about The Canadian SADS Foundation. We can be reached at info@sads.ca for more information.

About SADS Conditions

Sudden Arrhythmia Death Syndromes (SADS) are genetic heart conditions that can cause sudden death in young, apparently healthy people. These conditions can be treated and deaths can be prevented.

Warning Signs

Family history of unexpected, unexplained sudden death under age 40; fainting or seizure during exercise, excitement or startle; consistent or unusual chest pain &/or shortness of breath during exercise.

Our Home Page

www.sads.ca