



**Any young person
who has experienced
unexplained fainting
should be tested and
evaluated by an
Inherited Arrhythmia
Clinic specialist.**

LQTS affects
apparently healthy
people, but with early
diagnosis and proper
treatment, they can
live and thrive.

It is extremely
important that **all**
family members be
tested for LQTS once
one family member is
identified with LQTS.

SADS' Mission: To
save the lives and
support the families of
children & young adults
who are genetically
predisposed to sudden
death due to heart
rhythm abnormalities.



**Sudden Arrhythmia Death
Syndromes (SADS) Foundation**
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StopSADS.org

Long QT Syndrome (LQTS)

What is Long QT Syndrome (LQTS)?

1. LQTS is a disturbance of the heart's electrical system, causing an abnormality of the heartbeat, or rhythm of the heart in apparently healthy people.
2. It is a genetic heart condition that can be passed on in families and affects 1 in 2,000 people.
3. Because of this abnormality, affected people are vulnerable to sudden fainting (syncope) and even death.
4. Unfortunately, many times the cause of the syncope is overlooked and the events are called simple fainting spells or seizures.
5. However, with increased awareness, genetic testing, and effective treatment options, LQTS can be diagnosed early and sudden death prevented.
6. Most often, these events occur during physical exertion, emotional stress or startle (alarm clock). Sometimes they occur during sleep.

What are the symptoms? A child should be seen by a doctor if she/he has:

- ♥ Fainting episodes (syncope) during or immediately after exercise
- ♥ Fainting as a result of emotional excitement/distress/startle
- ♥ Family history of unexplained death under the under age of 40

How is it Diagnosed?

The diagnosis is made from an ECG that has been read by a cardiac electrophysiologist, not a computer. Exercise (treadmill) testing and a heart monitor will help clarify the diagnosis. Finally, a diagnostic genetic test is the standard of care for anyone with LQTS and their family members. More than 80% of LQTS patients will have a positive genetic test. Genetic testing, along with a thorough evaluation, is the best way to know for sure if you have LQTS, as well as to help guide treatment decisions.

How Is It Treated?

Treatment is very effective in the vast majority of patients. Medications called beta-blockers are very effective in about 90% of patients. In the remaining cases, an implantable cardiac defibrillator (ICD) is used. With proper treatment, you can live and thrive with Long QT Syndrome.

Pediatric Sudden Cardiac Death Risk Assessment Form

Parents - Please answer these questions (or have your child's doctor help complete them) every few years at these times: preschool, before/during middle school, before/during high school and before participating in organized sports.

Patient History Questions:	Yes	No
Has your child fainted or passed out DURING exercise, emotion or startle?		
Has your child fainted or passed out AFTER exercise?		
Has your child had extreme fatigue associated with exercise (different from other children)?		
Has your child ever had unusual or extreme shortness of breath during exercise?		
Has your child ever had discomfort, pain or pressure in his/her chest during exercise?		
Has a doctor ever ordered a test for your child's heart?		
Has your child ever been diagnosed with an unexplained seizure disorder?		
Family History Questions		
Are there any family members who had an unexpected, unexplained death before age 40? (include SIDS, car accident, drowning, others)		
Are there any family members who died of heart problems before age 40?		
Are there any family members who have had unexplained fainting or seizures?		
Are there any relatives with certain conditions such as:		
Hypertrophic cardiomyopathy (HCM)		
Dilated cardiomyopathy (DCM)		
Aortic rupture or Marfan syndrome		
Arrhythmogenic right ventricular cardiomyopathy		
Long QT syndrome (LQTS)		
Short QT syndrome		
Brugada syndrome		
Catecholaminergic ventricular tachycardia		
Pacemaker		
Congenital deafness		
Please explain more about any "yes" answers here:		

If you answer yes to any of these questions, your doctor should check your child's heart.

For more information or if you need a referral to a heart specialist, contact:

StopSADS.org The life you save may be your child's...or your own!

Supporting Families. Saving Lives

4527 S 2300 E, Suite 104 & Salt Lake City, UT 84117 & 801-272-3027 & Helpline 801-948-0654 & www.StopSADS.org

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