

# The Joe Humphries Memorial Trust

*'An Ordinary Joe – An extraordinary Legacy*



(reg' charity no:1152647)

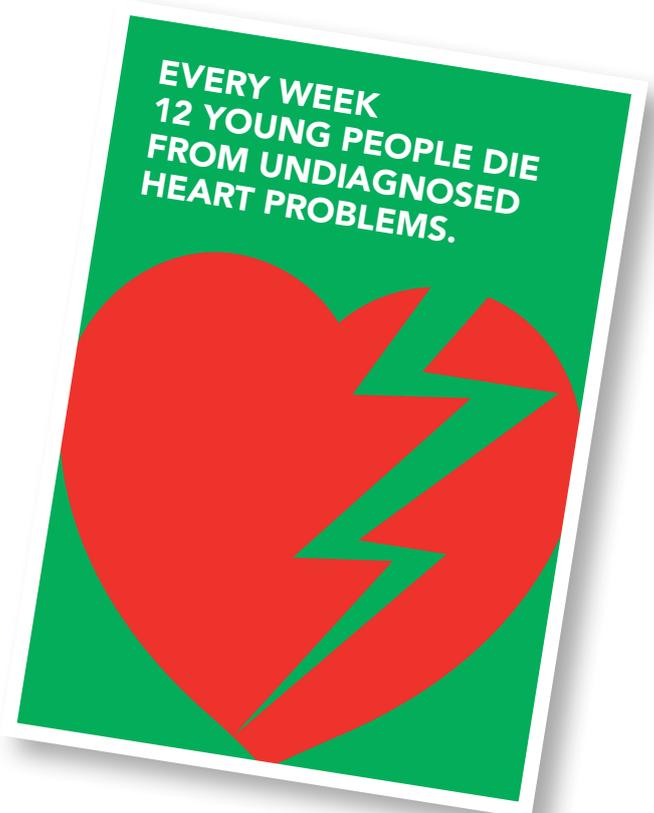
## Joe's Story



On October 4th 2012, Joe Humphries a fit and healthy 14-year-old boy collapsed and passed away whilst out jogging in Rothley, just a stone's throw away from his home. Joe was a victim of Sudden Arrhythmic Death Syndrome (SADS), a condition that often strikes without warning. Joe became one of the 12 young people (aged 12 – 35-years-old) a week and 600+ a year in Britain to lose his life to SADS.

This staggering, unacceptable statistic has inspired close family members and friends to set up 'The Joe Humphries Memorial Trust' to promote awareness and reduce the incidence of Sudden Arrhythmic Death Syndrome (SADS).

*"It is easy to underestimate the value of a young person until that young life, so full of potential and goodness like Joe, is taken from you without any warning. Sadly, we've become one of many families across the UK and the world who have been affected in this way. No one should have to endure such pain and grief" said Joe's dad, Steve.*



### **The Joe Humphries Memorial Trust will:**

- promote research into, and awareness of, sudden unexpected death in young people.
- promote education and training for young people and those who live and work with young people, into how to react to unexpected life threatening situations.
- inspire young people to fulfil their potential and develop their talents.

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## Lets break the **Silence** on SADS

### How can a healthy child or young adult have a heart problem, and collapse or die?

Older people die of "heart disease" and most health promotion, money for research, and hospital services are geared towards heart disease caused by old age (but may happen in younger people eg 35-70 through smoking, high blood pressure, diabetes, high cholesterol)

The diseases we are talking about have nothing to do with this.

**SADS** is about subtle diseases of young hearts. These cause the heart to suddenly go into an abnormal rhythm (ie stops beating normally).

- The majority of SADS deaths are the result of irregularities or abnormalities of the heartbeat, which are known as arrhythmias.
- Most SADS cases have a genetic origin, typically emerging during the teens and early 20's.
- SADS can also occur for the first time in a family.
- Screening is available – if a problem is detected it can be monitored and treated

### Parents have you considered?

A child/young adult should be seen by a doctor if she/he has experienced any of the following:

- Family history of unexpected, unexplained sudden death (under the age of 40).
- Do you get unusually short of breath during or shortly after exercise?(not explained by just being unfit!)
- Do you get palpitations (eg, heart racing fast, missing beats, fluttering sensation, irregular pulse rate, thumping sensation in chest)?
- Fainting as a result of emotional excitement/distress/startle?

For further information please visit [www.jhmt.org.uk/sads](http://www.jhmt.org.uk/sads)



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## Every child can be a life saver



Former Leicester Tigers and England World Cup winning captain, Martin Johnson, is patron of the Joe Humphries Memorial Trust.

*"I was really, really shocked by the number of people affected by SADS," Martin said. "I knew that I wanted to go and get my kids checked out. This is a subject people find very difficult to talk about, we all want our kids to enjoy sport. I feel its something that parents need to be aware of. If you don't have the information you can't make a choice. It is also important to raise awareness and the knowledge of CPR because if it does happen and you're there and you have the knowledge, you can help save a life. We are going to work hard in Joe's memory."*

*'The main thing is to raise awareness. If every young person learnt CPR they would become a potential lifesaver but having defibrillators at schools and sport clubs would also be handy in emergency'.  
Jess Keeling - JHMT Young Person's Ambassador*



Dr Ffion Davies, Consultant in Emergency Medicine at Leicester Royal Infirmary, is the Trust's SADS expert.

*"If CPR is started immediately, done effectively (by a trained person with the victim lying flat) and a defibrillator can be got to the victim within eight minutes, the majority of cases could be saved, without brain damage," Ffion said. "Doctors have become more aware of the diseases causing SADS over the last 20 years. Health professionals cannot underestimate faints or collapses that happen for no good reason in healthy young people. If we can pick things up at the warning symptoms stage, we can prevent SADS cases, often with just simple medication and advice."*

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## Cardiac Arrest

Cardiac arrest is more common in older people due to degenerative processes such as Heart Attack. Tragically it can occur in the young due to unrecognised inheritable heart conditions which result from structural or biochemical disorders that cause sudden ventricular fibrillation (Cardiac Arrest).

All individuals who suffer a cardiac arrest will die unless resuscitated within minutes. There are 30,000 out of hospital cardiac arrests in the UK each year and 27,000 do not survive the event (10% survival).

### Survival depends on

#### Immediate Cardiopulmonary Resuscitation (CPR And Defibrillation to correct the fatal heart rhythm

- Over half of all cardiac arrests are witnessed by bystanders or family members
- International data shows 30-50% survival rates are possible and could be achieved by improved immediate responses that are easy to teach/provide
- Immediate action (CPR and defibrillation) doubles or triple the chances of survival
- There are literally **thousands of lives that could be saved** Minutes are vital - survival decreases by 7-10% for every minute of delayed intervention but only by 2-3% for every minute if CPR is instigated
- There are currently in excess of 650 potentially avoidable deaths of young people with unrecognised inherited heart conditions per year in the UK.



### Chain of survival



To take a first aid course to learn CPR through the British Heart Foundation's Heartstart programme, visit [www.heartstart.co.uk](http://www.heartstart.co.uk) or contact Alan Harrison White – JHMT Community Liaison officer: [alanwhite@yahoo.co.uk](mailto:alanwhite@yahoo.co.uk)



### Remember:

*'The preventable loss of someone, whether an adult or a young person causes untold, life long suffering for those left behind – Every second counts to save a life.'*

To find out more about SADS and the Joe Humphries Memorial Trust please visit [www.jhmt.org.uk](http://www.jhmt.org.uk)

