

What is SCAD?

Spontaneous Coronary Artery Dissection

SCAD is a rare heart condition that cannot be predicted or prevented – yet. It affects people with few or none of the normal risk factors for heart disease. A tear or a bruise develops in a coronary artery resulting in a blockage that prevents normal blood flow.

SCAD affects young, fit people with no cardiac risk factors.

Who gets SCAD?

- ❑ Mainly women
- ❑ SCADs can happen during or soon after pregnancy
- ❑ Menopause, connective tissue disorders, extreme stress and exercise have been associated with SCAD, but the cause remains unknown



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Symptoms of SCAD

- ❑ central chest pain
- ❑ arm pain or numbness
- ❑ pain in the jaw, back or shoulders
- ❑ nausea
- ❑ sweating/clamminess
- ❑ breathing difficulties



Registered charity number 1164066

Further information

Beat SCAD

beatscad.org.uk

contactus@beatscad.org.uk

Youtube: bit.ly/1TXhiLV

UK SCAD research project at the
Leicester Cardiovascular Biomedical
Research Centre
scad.lcbru.le.ac.uk

British Heart Foundation

bit.ly/1La0gys

bit.ly/1T345Aj