

# 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.

### 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



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

### 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](http://beatscad.org.uk)

[contactus@beatscad.org.uk](mailto:contactus@beatscad.org.uk)

UK SCAD research project at the

#### Leicester Cardiovascular Biomedical Research Unit

[scad.lcbru.le.ac.uk](http://scad.lcbru.le.ac.uk)

#### British Heart Foundation

[bit.ly/1La0gys](http://bit.ly/1La0gys)

[bit.ly/1T345Aj](http://bit.ly/1T345Aj)