

Helpful Information

Websites -

www.whatisscad.com.au

www.mayoclinic.org/diseases-conditions/spontaneous-coronary-artery-dissection/basics/definition/con-20037794

<http://scadalliance.org/>

Facebook groups -

Australian SCAD survivors -

<https://www.facebook.com/groups/AustralianSCADsurvivors/>

Open support group for family and friends of SCAD survivors

<https://www.facebook.com/groups/256422824727840/>

Worldwide SCAD group -

<https://www.facebook.com/groups/SCADsupport/>

<https://www.facebook.com/Spontaneous-Coronary-Artery-Dissection-SCAD-Alliance-229928783729665/?fref=ts>

<https://www.facebook.com/SCADM MayoClinic/?fref=ts>

For more information regarding the survivors group, please email - scadreview@iinet.net.au



SCAD Survivors Group

The aim of this informational leaflet is to ensure that all SCAD survivors are aware of information available regarding SCAD and that there are other survivors out there who they can talk to with regards to their SCAD experience.

What is SCAD?

SCAD = Spontaneous Coronary Artery Dissection

Definition - By Mayo Clinic Staff -

<http://www.mayoclinic.org/diseases-conditions/spontaneous-coronary-artery-dissection/basics/definition/con-20037794>

“Spontaneous coronary artery dissection — sometimes referred to as SCAD — is a rare emergency condition that occurs when a tear forms in one of the blood vessels in the heart.

Spontaneous coronary artery dissection (SCAD) can slow or block blood flow to the heart, causing a heart attack, abnormalities in heart rhythm and sudden death.

Spontaneous coronary artery dissection (SCAD) tends to affect people ages 30 to 50, though it can occur at any age. People who develop spontaneous coronary artery dissection (SCAD) are often healthy, and many don't have risk factors for heart disease, such as high blood pressure and diabetes.”

You are not alone!

There is a survivor group in Australia on Facebook which currently has more than 100 survivors from all around Australia. This is a closed group and only SCAD survivors from within Australia can join this group. This is a safe and friendly place where survivors can openly ask questions of other survivors and share their stories if they so wish to.

Members of this group regularly arrange 'catch up's' with other members in their areas.

There is also an open facebook support group for friends and family members of SCAD survivors to help them understand SCAD. This is open for anyone to join.

There is research occurring within Australia by the Victor Chang Cardiac Institute, if you are interested in participating or finding out further information please email - scad@victorchang.edu.au

http://www.victorchang.edu.au/home/news-events/news/news-detail/?news_name=young-grandma-sparks-australian-investigation-scad