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YOUR CHILD'S HEALTH

Presented by the medical professionals at Midcoast Pediatrics

Long Q-T Syndrome

Parents of athletes often worry about their children, especially when reports of young, apparently healthy kids collapsing from cardiac arrest make headlines. However, these seemingly random events are often precipitated by undiagnosed heart abnormalities. One of those rare and fatal conditions is Long Q-T Syndrome, or LQTS. LQTS is a rhythm disorder that can be either inherited or acquired. It mostly manifests in teenagers, although it can occur earlier or later in life. Pediatricians use an EKG to diagnose the condition. Patients might feel a racing heart or strange heart rhythm that could result in fainting, though often there are no symptoms. Before participating in sports, all children should receive a thorough physical and a doctor's ok.

Long Q-T syndrome can be hereditary. Talk to your child's pediatrician about testing if a close relative has been diagnosed with long QT syndrome. For more information about anything in today's column, call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. We look forward to welcoming you at our practice.

P.S. Long Q-T Syndrome affects one in every 5,000-7,000 Americans.

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