

HOW IS SUDC UK HELPING?

Raising awareness in the community – SUDC UK encourages UK families affected by SUDC and their communities to help raise awareness and funds in memory of a beloved child by hosting their own fundraisers to benefit SUDC UK. Regardless of the size of your audience, SUDC UK is here to help you get started.

Promoting awareness through education – SUDC UK attends medical conferences and other relevant meetings to provide up to date, helpful and consistent information on SUDC.

Funding research – SUDC UK funds research projects which aim to further our understanding of SUDC. It works with professionals who have an interest in sudden unexplained death to help encourage and optimise research.

Advocating for families – SUDC UK aims to help improve national policy and services. As a member of the All Parliamentary Group on Bereavement, SUDC UK represents SUDC bereaved parents meeting regularly to consult on all relevant guidelines. SUDC UK hosts family activity days and creates a supportive SUDC community.

SUDC UK looks forward to helping families once they are registered with the SUDC Foundation. We can assist families and supporters in organising unique events in memory of SUDC children, or for a SUDC child who is particularly special to you. For family registration and bereavement support please email the SUDC Foundation at info@sudc.org or call **001 973 239 4849**. For local and national bereavement support www.thegoodgrieftrust.org offers useful information and advice.



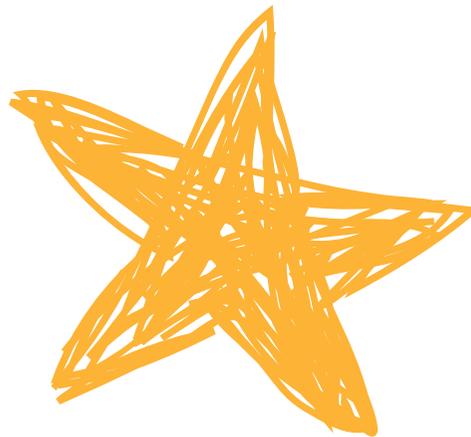
www.sudc.org.uk

HOW CAN YOU HELP?

You can help by learning more about SUDC and by supporting the important work of SUDC UK. Host a fundraising event, donate or simply spread awareness in your community.

Please visit www.sudc.org.uk for more information on how you can get involved and help the SUDC cause.

In memory of all SUDC children. SUDC UK is a charity that hopes to make a difference by shining their light on Sudden Unexplained Death in Childhood (SUDC).



SUDC★UK

Sudden Unexplained Death in Childhood
an affiliate of the SUDC Foundation

E: info@sudc.org.uk
W: www.sudc.org.uk

SUDC★UK

Sudden Unexplained Death in Childhood
an affiliate of the SUDC Foundation

RAISING AWARENESS FUNDING RESEARCH



WHAT IS SUDC UK?

SUDC UK is a charity dedicated to increasing awareness and understanding of Sudden Unexplained Death in Childhood (SUDC). It also funds research to better understand and prevent these tragedies.

The Sudden Unexplained Death of a Child is one of the most under-recognised medical tragedies of our time. Co-founded by three SUDC bereaved mothers in 2017, in memory of all SUDC children, the charity aims to make a difference by shining their light on SUDC.

Our vision is for SUDC to be predictable and preventable.

OUR MISSION

- ★ To improve awareness and understanding of Sudden Unexplained Death in Childhood
- ★ To fund crucial medical research to better understand these tragedies

SUDC UK is proud to link directly with our affiliate, the SUDC Foundation for professional bereavement support. For family registration and bereavement support please contact the SUDC Foundation at info@sudc.org or call **001 973 239 4849**. Together, our charities are the only organisations worldwide whose sole purpose is to promote awareness, advocate for research, and support those affected by sudden unexplained death in childhood. SUDC UK is run by volunteers and provides all services at no cost to families or professionals. SUDC receives no government funding.

SUDC UK is a registered charity in England and Wales (charity no 1175413).

FREQUENTLY ASKED QUESTIONS

WHAT IS SUDC?

Sudden Unexplained Death in Childhood (SUDC) occurs in children beyond the age of twelve months. The cause of death remains unexplained after thorough case investigation including examination of the child and family's medical history.

SUDC is a diagnosis of exclusion, in other words, a diagnosis of SUDC is made when other causes of death are not identified.

IS SUDC LIKE SIDS?

SUDC is similar to SIDS (Sudden Infant Death Syndrome) in that it occurs in otherwise healthy children most often during sleep and has no known explanation. There may be other similarities, but research on SUDC is in its early stages and more is needed to better understand how similar or different the underlying causes are.

The biggest difference we know is that a child's death may be certified SIDS/SUDI only before he or she is twelve months old. A child's death may be certified as SUDC if he or she is over one years old, but under the age of nineteen. Another important difference is that there is currently nothing parents can do to mitigate the risk of SUDC. Research into SIDS has resulted in important 'safer sleep' guidance. More research into SUDC is crucial to determine whether there is anything that can be done to protect children from dying without reason.

IS SUDC SOMETHING NEW?

SUDC is not new, but it is rare. Its incidence is about 1 death per 100,000 children. Based on 2016 statistics provided by ONS for England and Wales 42 children ages one-nineteen years were affected by SUDC. This includes 25 children ages one-four years as SUDC most commonly affects toddlers.

To put this in context, in 2016 there were 446 one-four year old deaths in England and Wales. 5.6% of these were sudden unexplained deaths, more than deaths due to fires or drowning.

FREQUENTLY ASKED QUESTIONS

WHAT CAUSES SUDC?

By definition the cause of death in these children is unknown.

SUDC is a category of death determined only after thorough review of the medical history of the child and their family, evaluation of the scene where the child was discovered, and the post-mortem examination. The terms 'SUDC' or 'unascertained' are sometimes used when an accurate cause of death cannot be found.

CAN SUDC BE PREDICTED OR PREVENTED?

No. At the present time, there is not enough known about the underlying mechanisms of death in SUDC to allow predication of which children might die. This means that currently there is no way to prevent SUDC.

Through research, it is our hope that we will be able to discover the risk factors and underlying causes of SUDC that will lead to its prevention. In the meantime, families should follow the current NHS recommendations regarding child health.

IS SUDC INHERITED?

We do not know the answer to this question. We do know that some rare causes of sudden death are associated with genetic predisposition. For example, some cardiac channelopathies. This is one of the many reasons that SUDC UK advocates for comprehensive investigations for all sudden unexpected deaths and the screening of family members in the United Kingdom.

As our overall understanding of genetics improves, we hope to determine if there are genetic variations in some SUDC children that may predispose them to a vulnerability that was previously unknown. This type of discovery could lead to the screening of at risk children and the provision of appropriate medical care.

