Every year, 40,000 people survive sudden cardiac arrest (SCA) in the U.S., and the number of survivors is growing thanks to community, state and national efforts to improve SCA survival rates.

Surviving SCA is a dramatic event in someone's life, one that can often lead to new challenges to overcome. Many survivors face not only changes in their health and behavior, but also changes in their way of thinking about themselves and about life. And that's where the new dedicated LifeAfterSCA.org comes in—with resources to help survivors and their loved ones face life after sudden cardiac arrest.

Created by a consortium of medical professionals in partnership with local SCA survivors, LifeAfterSCA.org provides information and resources, links to organizations supporting survivors, tools for helping survivors form and manage support groups, and much more.

Learn more at LifeAfterSCA.org.