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Healthy young people are dying suddenly and unexpectedly from a mysterious syndrome - as doctors seek answers through a new national register

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- People aged under 40 are being found to be in good and their hearts checked because they suddenly collapse and die of heart failure without any warning
- Many people had no idea they had a condition that could lead to sudden death
- A 40-year-old woman who died from sleep had over two hours heart failure

By: Chris Pleasance for Mail Online | Published: 11:00 am, 13th June 2025 | Updated: 11:00 am, 13th June 2025

Sleeping in The Position Linked to Alzheimer's

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People aged under 40 are being found to have their hearts checked because they suddenly collapse and die of heart failure without any warning.

The syndrome, known as SADS, has been tied to all kinds of unexplained deaths, whether they maintain a fit and healthy lifestyle.

SADS is an umbrella term to describe cardiac deaths in young people, and The Sudden Arrhythmia Death Syndromes Foundation, most commonly occurring in people under 40 aged 40 years.

Tamara Lawrance, who is known for her roles in Netflix's Sweet Home and Apple TV+'s Severance, is the patron of the Sudden Arrhythmia Death Syndromes Foundation, which has been set up in memory of her late sister Lucy who died from a heart issue (cardiac arrest) aged 21, without suffering from chest pain

The term is used when a post-mortem cannot find an obvious cause of death.

The US based SADS Foundation has said that over half of the 6,000 annual SADS deaths of children, teens or young adults have one of the top two warning signs: chest pain and fainting.

Those signs include a family history of a SADS diagnosis or sudden unexplained death of a family member, and fainting or seizure during exercise, or when excited or startled by a loud noise.

Last year, her sister Lucy, Lawrence's sister, Catherine Keane, died in her sleep while living with two friends in Dublin.

Catherine Keane, who died in her sleep in Dublin aged 21, would have turned 31 this year, always drinking water and was friends in Dublin last year

Her mother Margaretta Lawrence told the Irish Mirror: 'They were all anything from 20 to 25, very really good extension when Catherine died, very close friends.

'They said for a number of months and when she didn't wake, they checked her and found she had passed.

'It was hard because it was in her room at 3.30am and believes now that is when she died.

'Mr Cummins stated that her daughter 'went to the gym and walked 10,000 steps every day.

'I take some comfort in that she went to her sleep and knew no pain and I'm grateful for that, because she was very fit and healthy. She did go never said she complained. I never thought I'd ever have a child in my life.

Catherine Keane died in her sleep in her friends' home in Dublin last year, aged 21

Professor Sanjeev Sharma, who is a cardiac specialist at Royal Brompton & St. Mary's NHS Trust in London, said: 'Young people who have a cardiac arrest or sudden death, it is very rare, but it is very, very, very,

The Celebrities to watch closely ahead of a new chapter in parenthood and drama! Unchanging and ever-present concern of a romance between them.

Celebrity

Liz Hurley Wrinkle-free Brow Defiance

Liz Hurley Wrinkle-free Brow Defiance

Liz Hurley Wrinkle-free Brow Defiance

The 80% Club

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Patricia Heaton's Frank Barone, Brian Baumgartner's Stanley Hudson, Angela Kinsey's Angela Martin, Leslie David Baker's Stanley Hudson, Angela Kinsey's Angela Martin, Brian Baumgartner's Stanley Hudson, Patricia Heaton's Frank Barone

Patricia Heaton's Frank Barone, Angela Kinsey's Angela Martin, Brian Baumgartner's Stanley Hudson, Leslie David Baker's Stanley Hudson, Angela Kinsey's Angela Martin

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- Shakira says her father is 'on the way up' after recent accident ... during her ongoing split with longtime partner Gerard Piqué
- Bradley Cooper transforms into famed conductor Leonard Bernstein... as he's joined by Sarah Silverman on set of upcoming biopic Maestro in NYC
- Gigi Hadid flashes impressively taut midriff in summery floral blouse as she soaks up the sun in NYC
- Strangers Things costars and real-life couple Natalia Dyer and Charlie Heaton color coordinate in blue and black on a shopping trip in New York City
- Keanu Reeves sports scruffy hair while out on his custom $85k motorcycle in LA... after suiting up at fancy gala with girlfriend Alexandra Grant
- Jennifer Lopez is fabulous in floral minidress as she pays a visit to a mural made with her likeness in New York City
- Nick Cannon has fathered ANOTHER child! Star expecting baby number NINE with Abby De La Rosa while Bre Tesi prepares to give birth to his eight

- Sharon Osbourne looks back to her best as she laughs with staff leaving Claridge's hotel in London following battle with COVID

- Ben Affleck works up a sweat directing forthcoming Nike film with Matt Damon ... as longtime friends focused on establishing a production company

- Austin Butler reveals the biggest 'lie' he was told about Australia before filming the Elvis biopic in Queensland

- Bumping along nicely! Pregnant model Shanina Shaik shows off baby bump in colorful dress as she steps out in LA

- Lewis Hamilton is set to join forces with Brad Pitt to produce thrilling Formula One film - after Apple Studios won the rights for $130M

- Scott Disick, 39, and British model Rebecca Donaldson, 27, SPLIT after just two months of 'casually dating'... weeks after ex Kourtney Kardashian married Travis Barker

- Jason Bateman withdraws from directing movie Artemis after Apple paid $100 million-plus to purchase project starring Scarlett Johansson and Chris Evans

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