

## **FACTSHEET 1: BLACKOUTS**

We are learning about blackouts and a medical condition called syncope so that we can understand what happens to some people.

### What is a blackout?

'Blackout' is another word for 'faint'. When this happens to someone, they usually fall over, everything around them goes dark and they do not know what is going on around them. In other words, they become unconscious\*.

### Why does this happen?

There are 2 main reasons why some people blackout:

In some people, their heart slows down or stops and there isn't enough pressure to pump blood around the body. When this happens, the amount of blood, which carries oxygen to the brain, slows down. This is what causes the blackout.

For some people, the electric signals in their brain do not work very well which can make them blackout.

### Do blackouts happen to lots of people?

Yes, blackouts happen to lots of people, of all ages, all over the world- some people may only blackout once in their whole life, but others blackout many times every day!