**Change in Blood Sex Hormone Levels Can Be a Cause of Sudden Cardiac Arrest**

Cardiac arrest is one of the most common reasons of sudden deaths in our society. Alone in United States almost 250,000 to 300,000 and more than five million people all over the world succumb to death happening due to sudden cardiac arrest. Have you ever thought of or have you heard about the involvement of sex hormones in blood can also constitute heart attack.

Recently a study report published online and reviewed by ‘Heart Rhythm’ journal backs the fact. According to this report, decrease in the predominant male sex hormone ‘testosterone’ has been reported in men suffered from sudden cardiac arrest. Additionally, sudden increase of estradiol, considered as prime sexual hormone in women is also held responsible for inflicting sudden cardiac arrest in men and women alike.

Usually heart attacks are caused due to clogged or blocked coronary arteries that results in reduced blood flow to the cardiac muscles. However, sudden cardiac arrest is linked with the defective electric impulse. Upon onset of sudden cardiac arrest, sufferers do not have any chance of retaliating or there are no any warning signs and in majority of cases, instant death is the outcome.

Oregon Sudden Unexpected Death Study is the creditable source that has put forth these findings. The report was published after years of analyzing millions of sudden cardiac deaths in 16 hospitals around one million population of Portland lying in Oregon metropolitan area.

Summet Chugh, MD, and director of Heart Rhythm Center located in Cedars-Sinai Heart Institute said, “This is the first time any association between sex hormones levels and sudden cardiac arrest has been reported”. He also stated, “Although these findings need to be confirmed by similar studies, low levels of estrogen protect both men and women from sudden cardiac arrest whereas high testosterone levels in men does the same”.