



THE ADAM L THOMPSON FOUNDATION  
Hearts Mending Hearts

On May 23, 2012, our 16-year-old son Adam Thompson of Baltic, SD passed away after going into Sudden Cardiac Arrest due to an undiagnosed heart condition called Hypertrophic Cardiomyopathy (HCM). There were no signs or symptoms. Often the first "symptom" is death. **An inexpensive Sudden Cardiac Death Prevention Screening would have clearly shown Adam's heart condition.**

It started out as a normal day for our family. My husband and I went to work, my daughter went to daycare, and Adam had his first day of driver's education at Baltic High School. Adam was to walk home after drivers ed but I decided I would leave work early and pick him up instead and he could come with me to Sioux Falls for an appointment.

When we got home, Adam got out of the car and said he was short of breath and his heart was racing. He proceeded into the house and spent a few minutes telling his Dad about his first day of drivers ed. He then said he was tired and went to lay down for a little while in our spare room upstairs. (This is an important detail as Adam's room is downstairs and if he would have gone down to his room we never would have heard him fall). It was only a matter of minutes when we heard a very loud bang and went into the bedroom and found Adam laying on the floor between the bed and the wall on his side.

I remember I kept pulling at his arms telling him to get up - I thought if I could get him to get up he would be okay. We had no idea what was going on. We didn't know young people could have "heart attacks" so that never crossed our minds. His sister ran and got the phone and I called 911. Because Adam was making moaning sounds, 911 thought he was choking. CPR was never suggested and it never crossed our minds either. Adam turned blue quickly and in the end his time of death was pronounced at 6:08 pm. We still had no idea what happened. It was the next morning after autopsy that we learned about Hypertrophic Cardiomyopathy - Adam's heart was FOUR times the thickness of a "normal" heart his age.

We started The Adam L Foundation to educate other parents and communities about Sudden Cardiac Arrest. We did not know the signs of someone needing CPR. We did not perform CPR on our son and live with that regret every day.

Adam loved life, and loved being with friends and family. He enjoyed camping, taco's, and riding his dirt bike. Although Adam attended Baltic High School, he had many friends from Dell Rapids High School, Tri Valley, and West Central. Adam enjoyed spending time with his grandparents on Bigstone Lake near Milbank/Wilmot, SD. He adored his cousins Derek and Matthew Thompson of Baltic, SD and loved his sister Abby with his whole heart.

Each time Adam ended a conversation with his Grandpa Lunde, together they would say:  
"Listen to your mom and dad, be kind to your friends, and say your prayers"

Troy, Ann, Abby Thompson, Baltic, SD

