

# PROTECT THIS HEART SCREENING

## WHO

Students (12 - 19 years old)

## WHAT

Free Youth Heart Screening

## WHEN

April 8, 2018 from 9:00 - 2:00

## WHERE

Friends Central School  
1101 City Avenue, Wynnewood, PA

## WHY

We screen our children's eyes and ears. Shouldn't we screen their hearts too? Sudden Cardiac Arrest is the #1 cause of death of student athletes. It takes the lives of thousands of students every year.

Register for your appointment at [simonsheart.org](http://simonsheart.org).



## WHAT HAPPENS AT A HEART SCREENING

We look for about ten different heart conditions.

- 1 Complete a short online medical history form.
- 2 We check blood pressure, height and weight. You'll get an ECG exam (stickies on your chest).
- 3 You may get an echocardiogram based on your medical history or ECG. It takes a picture of your heart.
- 4 A cardiologist evaluates everything to see if there is a need for a full cardiac workup.

## WHAT IS SUDDEN CARDIAC ARREST?

The heart stops beating, suddenly and unexpectedly. Blood stops circulating through the body and a person collapses. The person may be still or start shaking.

## THE WARNING SIGNS OF HEART CONDITIONS

- Fainting or seizures during or right after exercise
- Unexplained shortness of breath
- Rapid heart rate (racing heart)
- Dizziness
- Extreme fatigue
- Unexplained sudden death of a family member under the age of 50 (e.g., SIDS, drowning or auto accident)

## WHAT IS SIMON'S Heart

Simon's Heart was established in 2005 in memory of Simon Sudman, a seemingly healthy three-month old who died from an undetected heart condition. The organization provides free heart screenings to students; advocates for legislation to protect student athletes; distributes AED devices through its crowdfunding site; promotes research through its digital registry; and raises awareness through cause marketing campaigns.

For more information, visit [simonsheart.org](http://simonsheart.org)

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