

# PROTECT THIS HEART SCREENING

## WHO

Students Ages 12 - 19

## WHAT

Free Youth Heart Screening

## WHEN

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

## WHERE

Maple Glen Elementary  
1581 Fort Washington Ave in Maple Glen

## 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

- 1 Complete a short online medical history form.
- 2 We'll check your blood pressure, height and weight. You'll also get an ECG exam (stickies on your chest).
- 3 You might get an echocardiogram based on your medical history or ECG. It takes a picture of your heart.
- 4 The cardiologists evaluate all of this to see if there is a need for a full cardiac evaluation.

## WHAT IS SUDDEN CARDIAC ARREST?

The heart stops beating, suddenly and unexpectedly. Blood stops circulating through the body and a person collapses.

## WHAT ARE THE WARNING SIGNS?

Sometimes warning signs happen and sometimes they don't.

### Watch out for:

- Fainting or seizures during exercise
- Unexplained shortness of breath
- Rapid heart rate
- Extreme dizziness or fatigue
- Unexplained sudden death in family (SIDS, drownings and auto accidents)

## 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; promotes research through its digital registry and raises awareness through cause marketing campaigns.

For more information, visit [simonsheart.org](http://simonsheart.org) | [/simonsheart.org](https://www.facebook.com/simonsheart.org) | [/simonsheart](https://www.instagram.com/simonsheart) | [@simonsheartorg](https://twitter.com/simonsheartorg)