Eagles Town

The love story begins on page 78

Carson Wentz is ready for some football. Are you?
Protect Your Child’s Heart
What You Need to Know About Sudden Cardiac Arrest

Most people don’t consider sudden cardiac arrest (SCA) to be a childhood concern, yet it kills thousands of children every year.

Now, 5 local families, including a sports broadcaster and retired Philadelphia Eagle, are joining forces with Simon’s Heart to share their stories and change the conversation about SCA.

NO FAMILY EVER THINKS SCA CAN HAPPEN TO THEM

When Simon’s Heart held its very first screening in 2007, Melissa and her family signed up to show support. They never expected to hear the news that Melissa, then 10 years old, had a heart defect that required life-saving surgery. “We had no idea. We always assumed we would know if something was wrong,” she says.

Mike Quick, former Philadelphia Eagle, was shocked when he watched his 12-year-old son collapse on the basketball court. “He was the biggest and healthiest kid in his class up until that point. He was never out of school sick or anything,” Mike says. “This wasn’t something I could have ever imagined.”

CHILDREN ARE NOT ADEQUATELY SCREENED

Research shows that heart screenings can detect underlying conditions much more effectively than the standard sports physical that children receive today.

Maeve, a high school sophomore, had passed her physical just 2 weeks before she collapsed from SCA during softball tryouts this past spring. Her mother learned afterwards that it took 4 shocks from the school trainer’s automated external defibrillator (AED) before Maeve’s heart began beating again. “I was 100% healthy before this happened,” Maeve says. “I didn’t even know what an AED was.”

HEART SCREENINGS SAVE LIVES

Valerie, a high school senior, was 7 years old when a Simon’s Heart screening uncovered both an electrical problem and a structural defect. “I will never forget the doctor’s words,” her mother says. “That if we didn’t get the surgery, her life would be shortened significantly.”

Melissa also learned how critical the timing was in her situation. “The doctors told me that 5 to 10 years down the road, I would have died,” she says.

Some heart conditions are inherited, and screenings can lead to more than one diagnosis. Local college student Whitney attended a heart screening with her mother. Weeks later, they were both given a diagnosis of Long QT syndrome. “The screening saved my mom’s life too,” Whitney says.

SURVIVORS URGE YOU TO TAKE ACTION

Now, survivors want parents to recognize what’s at stake if their children’s hearts aren’t adequately screened. “Don’t assume that everything is okay. Go in with your eyes wide open,” says Mike. “I’m one of the fortunate ones. I still have my son and can talk about what happened.” No matter the outcome, screening gives parents the reassurance that they have done everything in their power to protect their child’s heart.

“It’s better to know,” Whitney says. “Go to the screening and find out, because either way, it’s going to be okay. It is better to know and to live.”

After 3-month-old Simon died in his sleep and his mother was subsequently diagnosed with an undetected genetic heart condition, parents Darren and Phyllis Sudman formed Simon’s Heart to raise awareness about SCA and change the standard of care. Simon’s Heart offers free heart screenings for local families. Find one in your area at ProtectPhillyHearts.com.

SIMON’S CHAMPIONS

Mike and Ronson
Former Philadelphia Eagle and His Son
Ronson suffered cardiac arrest during a basketball game at 12 years old

Melissa
Student
Screened and diagnosed with a heart condition at 10 years old

Maeve
High School Athlete
Suffered cardiac arrest during freshman softball tryouts

Valerie
Surfer and Student
Screened and diagnosed with 2 heart conditions at 7 years old

Whitney
College Cheerleader
Screened and diagnosed with a heart condition freshman year of high school

SIMON’S HEART

PROTECTING HEARTS. SAVING LIVES.
Sudden Cardiac Arrest is the #1 Killer of Student Athletes

Every 3 days, a young athlete in the United States dies from sudden cardiac arrest. Although a simple screening can detect underlying heart conditions, routine physical exams do not include heart tests—which means these conditions can go undiagnosed and lead to cardiac arrest. By offering free heart screenings, Simon’s Heart is leading efforts to protect one of the most important pieces of equipment our children have.

Together, we can help our athletes live to play another day.

Free Heart Screenings for Children Ages 12–19

Pre-register at ProtectPhillyHearts.com

Simon’s Heart