

PROTECT THIS HEART SCREENING

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WHO

Students ages 12 - 19 from any area public or private school.

WHAT

Free Youth Heart Screening

WHEN

September 21, 2019 | 9:00 - 2:00

WHERE

Germantown Academy
340 Morris Road, Ft. Washington, PA

WHY

We screen our children's eyes and ears. We should 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.



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 workup.

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 founders want to ensure that no other child dies from a detectable and treatable 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)

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