

## PREVENTABLE TRAGEDY JUST REQUIRES SCREENING

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Every year, thousands of teens die from sudden cardiac arrest (SCA) due to a heart abnormality that can be detected using a simple 5 minute cardiac screening tool called an electrocardiogram, or EKG. These abnormalities often go undetected. Despite this large number of affected teens, EKGs remain excluded from teens' well-child exams and pre-participation sports physicals.



*Screening for Sudden Cardiac Arrest at La Jolla High School*

Last Sunday, I volunteered at La Jolla High School to assist the Eric Paredes Save a Life Foundation in providing free cardiac screenings. As a graduate nursing student at the University of San Diego and health advocate for the future leaders of America, I cannot help but to promote awareness of this continuing issue and insist that something be done to implement a mandated cardiac screening for all high school students.

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