

Heart Screening Packet

Dear Parent and Participant:

Thank you for being part of our mission to raise awareness of Sudden Cardiac Arrest (SCA) by participating in an EP Save a Life cardiac screening for youth (age 12–25). We've screened thousands and have identified 1 in 300 with an undetected heart abnormality.

A volunteer medical team of doctors, nurses, and licensed technicians will join Dr. John Rogers, a San Diego area cardiologist and president of the San Diego Sudden Cardiac Arrest Association, at each screening.

To request a digital copy of your EKG following the screening, go to epsavealife.org/contact and select the **red REQUEST EKG** button.



NO ONE WILL BE SCREENED WITHOUT THE SIGNED FORMS LISTED BELOW

1. Cardiac Screening Permission Form and Waiver

2. Participant Medical History Questionnaire

On the day of the screening, participants should wear a t-shirt and sweat pants or sport shorts. Girls should wear a sports bra. Girls will be asked to remove the t-shirt but will keep the sports bra on at all times. All girls will be screened by female health professionals in an area separate from boys. We want to assure you that participants' confidentiality, privacy and individual modesty will be respected throughout all aspects of the program. Additional privacy is available upon request.

The screening is completely painless and non-invasive (*no needles or x-ray exposure*) and consists of:

1. Review of medical history questionnaire
2. ECG screening (Small patches with a mild latex free adhesive will be placed on the chest, legs and arms. Electrodes are attached to the patches and the heart's electrical activity is recorded)
3. Some participants may also have a limited echocardiogram (ultrasound) of their heart

A simple ECG can identify certain serious heart conditions that cannot be detected by a stethoscope. This includes approximately 60% of the abnormalities that are associated with Sudden Cardiac Death. National statistics for youth cardiac screenings have seen result potential of 2% to be false positive requiring further testing. EPSAL's clinical team makes every effort to insure quality screening outcomes.

Thank you for your participation.

The Eric Paredes Save A Life Foundation



About Eric Paredes *Eric was a healthy Steele Canyon High School sophomore athlete who died suddenly and unexpectedly from Sudden Cardiac Arrest (SCA) in 2009. His parents, Hector and Rhina Paredes, established EP Save A Life Foundation to honor Eric through their commitment to prevent this tragedy from reoccurring. Eric's foundation provides free screenings to youth to identify cardiac anomalies that may lead to SCA, with the ultimate goal of standardizing cardiac screenings among our youth. A 501(c)(3) nonprofit organization.*



Medical Questionnaire

 **You must bring this form to the screening.**

CONFIDENTIAL

Fill out the form completely. Heart conditions are affected by a number of variables. Answering honestly will help doctors accurately assess your cardiac health.

PARTICIPANT'S NAME (PRINT) _____

DATE OF BIRTH _____

To be completed by parent (if under 18)/participant (if over 18)

Participant's Medical History

Allergic to latex? Yes No

Active in sports? What sport? _____ Yes No

If NO, why? _____

High blood pressure? Yes No

If yes, when? _____

Pre-existing heart condition? Yes No

If yes, what? _____

Chronic illness? Yes No

If yes, what? _____

Previous injuries? Yes No

If yes, please list: _____

Previous hospitalization or visit to emergency room? Yes No

If yes, please list: _____

Surgeries? Yes No

If yes, please list: _____

Prescription medication? Yes No

If yes, please list: _____

Family Medical History

Adopted? Yes No

Has anyone in your family developed heart disease under the age of 40? Yes No

Has anyone in your family died from heart disease under the age of 40? Yes No

Any unexplained or unexpected deaths in your family under the age of 40? Yes No

Has anyone in your family suffered from unexplained fainting or seizures? Yes No

Are there any known heart conditions for anyone in your family? Yes No

If yes, please explain who it was, and the heart condition _____

Completed by participant parent

Participant's Social History

Have you ever used performance enhancing drugs, high-caffeine energy supplements or diet pills?

Yes No

If Yes, how many per day _____ weekly _____

Do you drink energy drinks?

Yes No

If Yes, how many per day _____

Participant's Current Condition

Please check all that apply.

If you have had chest pain or pressure—When?

Resting Walking Exercise None

If you have experienced skipped heartbeats—When?

Resting Walking Exercise None

If you have experienced fainting or seizure—When?

Resting Walking Exercise None

If you have experienced a fast heartbeat—When?

Resting Walking Exercise None

If you have experienced unexplained fatigue—When?

Resting Walking Exercise None

If you have experienced shortness of breath—When?

Resting Walking Exercise None

If you have felt light-headed or dizzy—When?

Resting Walking Exercise None

FOR OFFICE USE

REVIEWED BY: _____



Medical Results

Print name in ALL CAPITAL letters

LAST NAME

FIRST NAME

SCREENING DATE

Dear Participant and/or Parent:

You were (or your child was) screened today during an event sponsored by the Eric Paredes Save a Life Foundation.

A screening is only a small window into the health and the well being of the heart. The American Heart Association recommends a heart screen be performed a minimum every two years. Please continue to monitor your heart health and contact your physician if you/your child develop any of these symptoms: shortness of breath, chest pain, heart palpitations, light headedness, or passing out.

Overall, your screening results today were:

- Normal**—This includes your heart health history and ECG.
- Normal after Echocardiogram**—This means something on your history and/or ECG suggested more testing was needed. An Echocardiogram was performed and was normal.
- Normal screen but follow-up recommended**—All testing performed at the heart screen was normal, but something on your evaluation requires follow-up with a physician (see comments below).
- Abnormal**—This indicates that something was abnormal on your history, ECG or Echocardiogram that requires additional testing and/or follow-up with your physician or a cardiologist (see comments below).

Comments:

Thank you for your participation.

This screening does not substitute for a regular on-going relationship with a primary care physician, who is attuned to your medical history and any changes in health status. No screening can identify 100% of the individuals at risk for a sudden cardiac event.

We encourage you to continue to have yearly physicals and to discuss any concerns or changes in your health with your primary physician. If you have further questions about your child's/your health, please contact your physician.

Dr. John Rogers

To request a digital copy of the EKG, go to epsavealife.org/contact and select the **red REQUEST EKG** button.



Frequently Asked Questions About Heart Screenings

What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is a condition that occurs when the heart suddenly and unexpectedly stops beating effectively. If this happens, blood stops flowing to the brain and other vital organs. This is caused by an electrical disturbance and/or a structural abnormality. Death occurs within minutes if not treated with CPR and an AED (automated external defibrillator). SCA is not a heart attack.

What happens at a screening?

Every participant being screened must complete a Heart Screening Packet with the Screening Permission and Waiver signed, by a parent if under 18 years old.

The day of the screening arrive at the location at a pre-registered time (walk ups are always welcome after 10 a.m.) with completed paperwork downloaded from epsavealife.org/register. For participants under 18 years of age, if a parent signs the consent form in advance, parents/ guardian are not required to be present. All screening participants will complete Stations 1-5. The cardiologist determines Station 6 evaluations.

- Station 1 Registration
- Station 2 Medical Questionnaire Review
- Station 3 CPR/AED Demonstration and Practice
- Station 4 ECG (Electrocardiogram)
- Station 5 Cardiologist Interview
- Station 6 Echocardiogram (if ordered by the cardiologist)

What is an electrocardiogram (ECG)?

An ECG is a completely painless, non-invasive test that evaluates the health of your heart. It measures your heart rate and rhythm through electrodes attached via small patches with a mild latex free adhesive to the chest, legs and arms. No physical activity is required.

What is an echocardiogram (ECHO)?

When indicated by our cardiologist, a limited echocardiogram (ultrasound of the heart) will be done. This specifically focuses on identifying heart structural abnormalities relevant to the age group being screened.

What does it mean if my screening finding indicates that further evaluation is needed?

It may indicate the presence of a serious cardiac condition that may require further follow-up testing and treatment by a physician. You must contact your physician to determine the need for further testing and treatment.

Will every participant get both an ECG and an ECHO at the screening?

Every participant gets an ECG. The decision for an ECHO to be done at the screening is made at the discretion of a Foundation cardiologist. About 30% of the participants have an ECHO to evaluate the heart from another perspective. Getting an ECHO is not a confirmation there is a heart problem.

Will a diagnosis be made on the results of the screening?

NO, THIS IS A SCREENING ONLY. A clinical diagnosis can only be made incorporating the ECG findings with a history and physical performed by your own physician. If you are told additional follow-up is needed, you can request a copy of the ECG through epsavealife.org/contact (select **red Request EKG** button), for you to take to your physician. ECHO results are not available.

Will results be shared with the school?

Absolutely not.

If the cardiac screening ECG findings indicates the need for follow up evaluation and testing with a physician, does that mean there is a life threatening condition?

Possibly, but 2% of ECG screenings will result in "false positive" findings. A false positive ECG indicates a defect may exist, but further testing shows there is no problem. The Foundation believes the benefit of this potentially life-saving screening outweighs this concern.

If the cardiac screening is within normal limits, does this mean that the heart is healthy?

An ECG can only detect 60% of those at risk for sudden cardiac death at the time of the screening.

If my ECG is within normal limits, does it need to be repeated again in future years?

This ECG is meant to be a baseline to compare with future ECG evaluations. Current international recommendations are to repeat the ECG every two years through age 25 or if any warning sign or symptoms of SCA are present.

What are the warning signs or symptoms of a heart condition?

- Chest pain or pressure
- Skipped heartbeat
- Fast heart beat
- Light headedness
- Fainting
- Seizure
- Unexplained Fatigue

What if I need additional privacy?

We want to assure you that participants' confidentiality, privacy and individual modesty will be respected throughout all aspects of the program. If more privacy is needed, please notify an EP Save A Life medical volunteer for referral to the privacy screening room.

How do I request a copy of my ECG?

Electronic copies of your ECG can be requested following the screening by visiting epsavealife.org/contact and selecting the **red REQUEST EKG RESULTS** button. ECHO results are not available.



We want to keep the tragedy of losing a child to SCA from happening to other families.

Whether you are one of the thousands who have participated in our cardiac screenings... one of the dozens found at risk for SCA...or are simply someone interested in how you can save a life, thank you for being a part of our mission to raise awareness of Sudden Cardiac Arrest. Here's how you can help.

Share your screening experience within your circle so others will come. Host a screening for your school or sports team. Volunteer to be a part of our lay or medical team at one of our upcoming screenings. And Give, so that we can provide for free the cardiac tests that typically cost between \$90 and \$1,500.

What a Screening Costs Us

 **\$25** +  **\$3,000** +  **\$50,000**
Per Teen ECG Machine Echocardiogram

Established in 2010, the Eric Paredes Save A Life Foundation is a nonprofit 501 (c)(3) organization (Tax ID 80-0636157). Your tax deductible donation supports our free heart screenings, education and outreach. Please consider making a donation in one of the following ways. For more information visit <https://epsavealife.org/donate/>. We also accept donations at the screening event.



You can make a secure, online donation today.



Annual run each August that benefits EP Save A Life



Checks are paid to EP Save A Life Foundation, PMB 79, 2514, Jamacha Rd., Ste. 502, El Cajon, CA 92019



If your company participates in Workplace Giving, write in EP Save A Life as your beneficiary.



Shop the same products on Amazon Smile, and Amazon donates .5% of your purchases back to us.



Our foundation is verified through Facebook's Charitable Giving Program!

