

Heart Screening Packet

Dear Parent and Participant:

Thank you for being part of our mission to prevent sudden cardiac death in youth. Please read this letter to fully understand the parameters of the screening.

Who Can Be Screened:

This free heart screening is for youth ages 12 to 25 only. On the day of the screening, participants must be at least 12 years old, and not older than 25.

If the participant is already being followed by a cardiologist, they are not eligible to be screened, as this event is meant to identify undetected heart conditions.

Screening Does Not Replace PPE:

This screening is a specific evaluation of the heart that is not included in pre-participation physicals (PPE) required for sports programs—it does not fulfill the requirement for a PPE. We do not sign PPE forms, so please complete your PPE with your primary care provider.

Consent:



NO ONE WILL BE SCREENED WITHOUT A SIGNED PERMISSION FORM & WAIVER

Youth who are under 18 years of age require a signature from a parent or guardian.

The parent or guardian does not need to be present at the screening as long as contact information is provided.

Safety:

By registering for the screening, you are agreeing to adhere to current health and safety guidelines, particularly with regard to COVID-19. As such, ONE parent or guardian will be allowed to accompany the youth through the screening. Other precautions may include social distancing and hand sanitizer provided by EPSAL. Please bring your own mask.

What To Wear:

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.

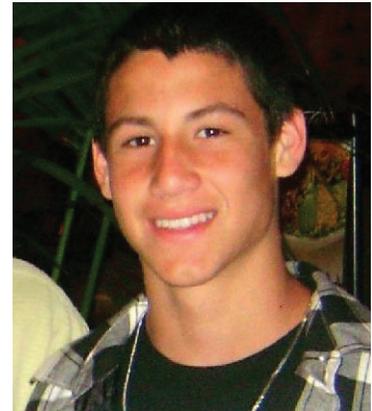
Privacy:

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.

What the Screening Includes:

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

1. Review of Participant Medical Questionnaire & Cardiac Risk Assessment
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



Eric Paredes was a healthy Steele Canyon High School sophomore athlete who was lost to Sudden Cardiac Arrest (SCA) in 2009. At the time he had no known warning signs or risk factors. His parents, Hector and Rhina, established EP Save A Life Foundation to remember Eric through their commitment to prevent this tragedy from happening to other families. Eric's Foundation provides free screenings to identify cardiac abnormalities that may lead to SCA, with the ultimate goal of standardizing cardiac screenings in youth health care. A 501(c)(3) organization.



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Reviewing Your Cardiac Risk Assessment In Advance:

We are participating in a national study of SCA in youth that requires participants to complete a scannable medical questionnaire at the screening event. (You'll note on the form all information is depersonalized to protect your privacy.)

Because some questions take some thought, a sample of the intake form is attached. **We encourage parent/guardian and youth to review the form together and make notes to expedite completing the scannable form at the screening.** A member of our medical team will then review the form with you.

Results of Your Screening:

You will consult with a cardiologist at the screening about your cardiac risk assessment and screening results and be advised of any follow-up needed with your medical provider.

If you do not have a medical provider, please alert our team. Organizations like [2-1-1 San Diego](#) connects people with health services.

A simple ECG can identify about two-thirds of heart abnormalities associated with Sudden Cardiac Arrest. Our ECG devices report a potential ~2% false positive rate that may be discovered during follow-up testing. EPSAL's clinical team makes every effort to insure quality screening outcomes.

After the screening, to request a digital copy of the ECG, go to epsavealife.org/contact and select the red REQUEST ECG button. Please note this non-profit foundation is staffed largely by volunteers. As such, please allow 14 days to receive results via email. Results are kept for one year.

What's Next?

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, particularly the warning signs and risk factors noted on the following pages, with your primary care practitioner. If you have further questions about your child's/your health, please contact your practitioner.

A heart screening is recommended every two years, or sooner if warning signs or new family risk factors are present.



Medical Results

Print name in **ALL CAPITAL** letters

PARTICIPANT'S 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).
- Please contact your doctor to report the findings of this screening

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

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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 permission and waiver form and cardiac risk assessment form.

The day of the screening arrive at the location at your pre-registered time with completed paperwork. 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 1–6. The cardiologist determines Station 7 evaluations.

- Station 1 Registration
- Station 2 Medical Questionnaire Review
- Station 3 CPR/AED Demonstration and Practice
- Station 4 ECG (Electrocardiogram)
- Station 5 Print Room
- Station 6 Cardiologist Interview
- Station 7 Echocardiogram (if ordered by 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 results be shared with host facility?

Absolutely not.

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 and/or ECHO 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 ECG** button), for you to take to your physician. ECHO results are not available.

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?

Your medical provider should conduct a cardiac risk assessment with further testing as needed to determine a final diagnosis and treatment plan as needed. Our Medical Director is available to speak with your provider upon request.

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 signs or symptoms of SCA are present.

What are the warning signs and risk factors for a heart condition?

- Fainting
- Seizure
- Chest pain or pressure
- Skipped heartbeat
- Fast heart beat
- Light headedness
- Unexplained Fatigue
- Family history of know heart abnormalities or sudden death before age 40
- Family members with unexplained fainting, seizures, near/drowning or car accidents
- Family members with known structural heart abnormality, repaired or unrepaired
- Recreational use of stimulants, inhalants, unprescribed medication, performance-enhancing supplements or excessive energy drinks

Is it possible my test is false positive?

~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.

How do I request a copy of my ECG?

Electronic copies of your ECG can be requested after the screening by visiting epsavealife.org/contact and selecting the **red REQUEST ECG RESULTS** button. Please note: ECHO results and images 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!

