

FREE YOUTH HEART SCREENING

WHO: STUDENTS FROM ANY SCHOOL (AGE 12 - 19)

WHAT: FREE YOUTH HEART SCREENING

WHEN: DECEMBER 3, 2017 FROM 9:00 - 1:00

WHERE: FRIENDS CENTRAL SCHOOL, 1101 CITY AVENUE, WYNNEWOOD, PA



WHY: SUDDEN CARDIAC ARREST IS THE #1 CAUSE OF DEATH OF STUDENT ATHLETES. IT TAKES THE LIVES OF THOUSANDS OF STUDENTS EVERY YEAR.

REGISTER FOR APPOINTMENT AT SIMONSFUND.ORG.



♥ 1 IN 100 KIDS HAS AN UNDETECTED HEART CONDITION. GET AN ECG EXAM. ♥

WHAT IS SUDDEN CARDIAC ARREST?

It happens when the heart stops beating, suddenly and unexpectedly. The only way to prevent it is to get tested and watch for warning signs.

WHAT ARE THE WARNING SIGNS?

Sometimes warning signs happen and sometimes they don't. Watch out for fainting or seizures during and after exercise, unexplained shortness of breath, rapid heart rate, extreme dizziness or fatigue and unexplained sudden death in family (SIDS, drownings and auto accidents)

WHAT HAPPENS AT A HEART SCREENING?

1. You fill out a medical history form (it's short).
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. It takes a picture of your heart.
4. The cardiologists evaluate all of this to see if there are any concerns.

WHAT IS SIMON'S FUND

Simon's Fund was established in 2005 in memory of Simon Sudman, a seemingly healthy three month old who died from a detectable and treatable heart condition. The organization provides free heart screenings to students and wants heart screenings to become a standard of care for all children. For more information, visit www.simonsfund.org



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