

# PROTECT THIS HEART SCREENING

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## WHO

Minneapolis high school students between the ages of 12 - 25.

## WHAT

Play for Patrick and Simon's Heart, part of Screen Across America, are providing a free youth heart screening for students.

## WHERE

Washburn High School

## WHEN

Sunday, April 7 from 10am - 2pm.

## WHY

We screen our children's eyes and ears. We should screen their hearts too! A stethoscope at an annual check up is not enough. 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](http://simonsheart.org).



## WHAT HAPPENS AT A HEART SCREENING

- 1 Complete a short online medical history form.
- 2 We will check your blood pressure, height and weight, and listen to your heart. You'll also get an ECG exam (stickies on your chest) and an echocardiogram (a sonogram of the heart).
- 3 The cardiologists evaluate all of this to see if there is a need for a full cardiac evaluation. You'll know before you leave.

## 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 of family member under 50 (SIDS, drownings and auto accidents)



Screen Across America is a collection of organizations that provide heart screenings to students. We believe that screenings should be a standard of care because thousands of children die every year from sudden cardiac arrest. It is the #1 cause of death of student athletes.

For more information, visit [screenacrossamerica.org](http://screenacrossamerica.org)

SIMON'S Heart



Boston Scientific