

PROTECT THIS HEART SCREENING

WHO

Students Ages 12 - 19

WHAT

Free Youth Heart Screening

WHEN

September 30, 2018 from 12:00 - 5:00

WHERE

Pope John Paul II High School
181 Rittenhouse Rd, Royersford, PA

WHY

We screen our children's eyes and ears. We should screen their hearts too! 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.



WHAT HAPPENS AT A HEART SCREENING

- 1 Complete a short online medical history form.
- 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 based on your medical history or ECG. It takes a picture of your heart.
- 4 The cardiologists evaluate all of this to see if there is a need for a full cardiac evaluation.

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 in family (SIDS, drownings and auto accidents)

WHAT IS SIMON'S Heart

Simon's Heart was established in 2005 in memory of Simon Sudman, a seemingly healthy three-month old who died from an undetected heart condition. The organization provides free heart screenings to students; advocates for legislation to protect student athletes; distributes AED devices; promotes research through its digital registry and raises awareness through cause marketing campaigns. For more information, [visit simonsheart.org](http://simonsheart.org)