

Dear Parent and Student:

We are excited to announce a free EKG screening established to honor the life of Ryan Davis Lopynski. A Fairfax County athlete, Virginia Tech Freshman and friend to so many, Ryan unexpectedly collapsed at his home on April 26, 2009. Ryan was a seemingly healthy 18-year old, who died of Sudden Cardiac Arrest (SCA) without warning. Ryan's parents, John and Jeremy Lopynski, established the Ryan Lopynski Big Heart Foundation to honor his memory, and to increase public awareness of Sudden Cardiac Death through education and action. One of the missions of Ryan's Foundation is to screen high school athletes in hopes of preventing other families from experiencing this same tragedy.

Dr. Felix Castro, a Fairfax County area cardiologist, as well as Dr. Anne Greene, chief Cardiologist at Children's National Medical Hospital in DC, are both board advisors of the foundation. They are dedicated to performing these screenings in high schools to try to decrease the chances that a young person may suffer from Sudden Cardiac Arrest. The Lopynski family, with the assistance of cardiologists Dr. Castro and Dr. Anne Green, have put together a program to provide free Sudden Cardiac Risk screenings for high school students in Fairfax County.

The following forms must be completed and brought to the screening in a stamped, self addressed envelope:

1. Cardiac Screening Waiver form
2. Cardiac Screening Permission Form

*No one will be admitted to the screening without the signed forms and without a parent.

On the day of the screening, girls should wear a sports bra, t-shirt and sweat pants or sport shorts. Boys should wear t-shirt and sweat pants or sports shorts. Girls will be asked to remove t-shirt but will keep sports bra on at all times, as well as shorts/sweats. Boys and girls will wear shorts/sweats at all times.

Each student will move through the stations to have:

1. Forms collected
2. EKG Screening: Small patches will be placed on the student's chest, legs and arms. Electrodes are attached to the patches, and the heart's electrical activity is recorded.

A team of volunteer cardiologists and technicians will be on site. Other volunteers will include members from the community. You, as parents or guardians, may wish to volunteer as well. The entire process should take approximately 10-15 minutes per student, and you can expect to get the results of your child's screening the same day.

A simple EKG, when used to screen physically active young persons, can detect certain serious heart conditions. Recording the electrical activity of the heart by using electrodes

attached to the skin with a mild adhesive can detect a variety of abnormalities or “markers” that are associated with sudden cardiac death and not detected by a stethoscope. Please note that EKG screenings result in approximately 2% of the tests being falsely positive. This may require additional evaluation and testing by your physician. We believe that the benefit of this potentially life saving screening outweighs this concern.

We encourage you to discuss this screening with your child. Your child’s participation in the screening is your decision. We want to assure you that students’ confidentiality, privacy and individual modesty will be respected through out all aspects of the program. Only female technicians will test girls and they will be screened in an area separate from boys.

Thank you for your participation!