

How to prepare for our screening:

Registration: All students must complete the *Waiver and Permission Form* before participating in our EKG screening. Parents and/or students register on our website (www.ryanlopynski.org) for a specific hour time slot.

What to wear: Girls will be asked to remove their t-shirt and wear sports bra and sweat pants/shorts for the screening. Boys will be asked to remove their t-shirt and wear sweat pants/shorts for the screening.

What to expect: The screenings take place in 2 rooms, one for the girls and one for the boys for privacy purposes. We typically screen between 150-300 students from 9-3 on Saturday. The EKG is administered by an EMT from our local fire department and/or medical facility. We have on average of 5 EKG machines in each room. Small patches will be placed on the student's chest, legs and arms. Electrodes are attached to the patches, and the hearts electrical activity is recorded. Only female technicians will test girls. It is a painless process that should take no more than 10 minutes. Other volunteers will include members from the community. You, as parents or guardians, may wish to volunteer as well. Everyone will have a private consultation with a cardiologist to hear the results of their screening, and you will keep the printout for your records.. We do not hold onto any information due to HIPPA Laws. If there is an abnormality, we request that the student follow up with their pediatrician/doctor or cardiologist.

The purpose of an EKG: 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.

Our promise to you: We want to assure you that students' confidentiality, privacy and individual modesty will be respected throughout all aspects of the program. We encourage you to discuss our screening process should the student be under 18 years of age.