

Dear Parent and Student:

Please join us on February 20 at Freeman High School for a free EKG screening in honor of 16 year-old Cameron Gallagher. She died March, 2014 of Sudden Cardiac Arrest after crossing the finish line at the Shamrock ½ Marathon in Virginia Beach. The Ryan Lopynski Big Heart Foundation is sponsoring this screening to carry out its mission… to screen teen athletes in order to identify problems that may cause sudden cardiac arrest. With the continued dedication of cardiologists, technicians and volunteers, we have established a program for our screenings. It takes less than 10 minutes and is non-invasive and painless!

**To Do:** Please complete **THE CARDIAC PERMISSION FORM AND WAIVER,** and bring it with you to the screening**. No one will be admitted to the screening without a parent/guardian and this form**.

**What to wear:** 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.

**What to expect**: 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. A team of volunteer cardiologists and technicians will be on site. Only female technicians will test girls and they will be screened in a separate area than boys. 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.

**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 the potential for false positives.

**How to prepare**: We encourage you to discuss this screening with your child. We want to assure you that students’ confidentiality, privacy and individual modesty will be respected throughout all aspects of the program.

Thank you for your participation!

The Ryan Lopynski Big Heart Foundation

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