



Nick of Time Foundation Youth Heart Screen

Hosted at Everett High School

Wednesday May 4, 2016~ 9:00am to 3:00pm

2416 Colby Ave, Everett, WA 98201

Sudden Cardiac Arrest is the leading cause of sudden death in young people and is typically the result of undiagnosed structural or electrical heart disease.

What is sudden cardiac death in the young people?

Sudden cardiac death is the result of an unexpected failure of proper heart function, usually during or immediately after exercise without trauma. Since the heart stops pumping adequately, the child quickly collapses, loses consciousness, and ultimately dies unless normal heart rhythm is restored

Why a Youth Heart Screening Program is important?

The best way to detect the types of heart conditions, that could potentially cause SCA, is through a heart screening that includes a comprehensive family health history, Electrocardiogram (EKG/ electrical), and may also include an Echocardiogram (ECHO/ ultrasound) if necessary, using testing criteria developed especially for young hearts.

The goals of the NoTF heart screening program are:

- To detect hidden heart conditions with the potential for sudden death in the young.
- To reduce sudden cardiac death through early detection and appropriate medical interventions, activity modification.
- To raise awareness and educate schools and communities about sudden cardiac arrest, warning symptoms, and the value of heart screening.

Nick of Time Youth Heart Screening is open to any youth ages 14-24 years and consists of:

A Heart Health Survey investigating signs and symptoms / family history of a cardiac condition, blood pressure and physical exam, and ECG. An on-site echocardiogram is conducted in cases with a positive finding on history, physical exam, or ECG. Follow up support is available if needed. Approximately 35/45 mins including CPR-AED training.

All students MUST Pre-Register

Heart screens are available on a first come first serve basis for any child, athlete or not, ages 14-24 years, regardless where enrolled in school.

Pickup screening health history forms at the EHS main office or online at www.nickoftimefoundation.org/programs/screenings/. Complete, with parent permission signature. To receive appointment, return forms to the EHS Main office or scan/email to JSievers@everettsd.org
Questions? Call Jodie Sievers at (425)385-4426

Tax deductible donations may be made by CC online at www.nickoftimefoundation.org for "EHS Screen", or on screening day with cash or checks to "Nick of Time Foundation" .



**NICK OF TIME
FOUNDATION**

**SCA Awareness
Youth Heart Screening
CPR/AED in Schools**

The Nick of Time Foundation was created in memory of Nick Varrenti, a multi-sport athlete who suffered a sudden cardiac arrest (SCA) and died at age 16.

NoTF programs work together to help protect our young people and communities by providing early detection, early access to defibrillation, CPR/ AED education and awareness as we train the next generation of "first responders".

For more information;
Nick of Time Foundation
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