

To the parents/guardian(s) of high school student athletes:

Sudden cardiac death is a risk for student athletes who participate in competitive sports. These events, although rare, are found in 1 in 100,000 student athletes, which means that in the United States there are potentially 100 deaths per year.

In many countries, it has become mandatory for all student athletes, besides a history and physical, to receive an annual pre-participation electrocardiogram (EKG). The pre-participation EKG may reduce the incidence of sudden cardiac death. The pre-participation EKG is now endorsed by the European Society of Cardiology and the International Olympic Committee. In the United States, the American Heart Association suggests that a pre-participation EKG may be helpful

The Cardiology Department of Robert Wood Johnson Somerset will be conducting a voluntary cardiovascular screening program. The program is termed the Student Athlete Cardiovascular Evaluation Study. The goal of the study is to determine whether a student athlete is currently at high risk for sudden cardiac death, requiring further testing or stopping participation in athletics. If there is a significant abnormality which places the student at increased risk for sudden cardiac death, he or she will be referred to a local cardiologist for a full and comprehensive evaluation. The results of the screening will be given to each participant in a summarized form.

Please be aware that screening has limitations. The screening will look for the major abnormalities known to cause sudden cardiac death. However it does not screen for everything. In addition, some serious heart conditions evolve over several years and may therefore be missed by one isolated screening evaluation.

The study will be conducted by the Cardiology Department at Robert Wood Johnson Somerset. The program will be held at the Family Practice office on Rehill Avenue in Somerville, NJ, on Saturday February 3 2018. We are looking for student athletes between the ages of 14 and 18 to participate in this study.

The following will be included in the evaluation:

1. Cardiovascular history and physical,
2. Blood pressure, Body metrics (body mass index)
3. Electrocardiogram (EKG)
4. Echocardiogram (ultrasound of the heart) if indicated.

A parent or guardian must accompany the student.

If you would like to participate, please call 908-685-2414 to schedule a time slot.