

News release



Everett Public Schools

April 30, 2013

For more information:

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Cascade High School to host cardiac screening for student athletes, May 1 ***Free screening for district students from 9 a.m. to 2; county students from 2 p.m. to 4***

"On average, a seemingly healthy young person suffers a sudden cardiac arrest every three days in the US and it's the leading cause of death in exercising young athletes. In most cases of sudden cardiac arrest, cardiac abnormalities are not detected, there are no warning signs, and unless a normal heart rhythm is restored within minutes, death is the end result."

This disturbing information is behind the efforts of the [Nick of Time Foundation](#) and volunteers to screen all high school student athletes for cardiac weaknesses.

With the help of Everett Fire Department's paramedic volunteers, the Foundation plans not only to screen student athletes in Everett Public Schools on May 1, but to open the gymnasium doors for two hours to screen athletes from other schools in the county.

Sudden Cardiac Arrest (SCA) is a silent killer of young adolescents. SCA is an indiscriminate disease that kills regardless of age, race or gender. SCA is a condition in which the heart, many times without warning, stops beating and can quickly cause death. Early detection is crucial in preventing SCA in adolescents. According to the Center for Disease Control, approximately 7,000 – 14,000 children and young adults die every year from SCA. SCA is the leading killer of young athletes in our country and often strikes without warning due to an undetected heart condition. Standard sports pre-participation physicals are inadequate in diagnosing hidden heart abnormalities that can cause SCA. Most youth who suffer SCA are active and appear seemingly healthy, displaying no symptoms until sudden cardiac arrest happens.

A thorough family history and physical examination that includes an electrocardiogram (ECG) and/or echocardiogram (ECHO) can be used as a baseline test and can help detect approximately 60 percent of the heart conditions that can lead to SCA. Approximately 1-2 out of 200 youth who are heart-screened are diagnosed with a serious heart abnormality.

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Note to media – If you plan to attend, please contact Mary Waggoner, 425-385-4049 or email mwaggoner@everettsd.org with an ETA so we can have crews ready for you.