

News release



Everett Public Schools

Dec. 17, 2010

For more information:

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FREE heart screenings for adolescents

Feb. 2, 8 a.m. to 5 p.m. at H.M. Jackson High School gymnasium

Sudden Cardiac Arrest (SCA) is a silent killer of young adolescents. To raise awareness and promote healthy lifestyles, Jackson High School (JHS), Heatherwood Middle School (HMS) and the [Nick of Time Foundation](#) are providing **free heart screenings on Feb. 2 from 8 a.m. to 5 p.m.** in the H.M. Jackson High School gymnasium.

In January, JHS and HMS students will receive basic information about SCA and an *Agreement to Participate* form and a Heart Health Survey is used by the University of Washington to conduct research on SCA. These completed forms are required for students to participate in the Nick of Time Heart screening event.

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.

The Nick of Time Foundation is accepting an optional \$25 donation to offset the operational costs of the Feb. 2 heart screening. No students will be turned away from the screening if the required paperwork is completed. The goal is to screen more than 400 Jackson and Heatherwood students on Feb. 2.

Student health is important and critical to academic success. Everett Public Schools promotes health awareness and prevention through curriculum and events throughout the year. Evergreen Middle School will also be hosting a Health Fair for Teens, Tweens and Parents on Saturday, Feb. 19, as highlighted in the fall edition of [Everett Schools](#).

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