

Prevent Fatal Cardiac Arrest in Your Teen

FREE Heart Screening For Teens 12-19

Screen Your Teen Saturday, July 26 • 9am to 1pm at The Rock Academy/Church

Provided by the Eric Paredes Save A Life Foundation and a medical team led by Scripps cardiologist Dr. John Rogers MD

Every year thousands of our kids die when their heart suddenly and unexpectedly stops beating. Known as Sudden Cardiac Arrest (SCA), this syndrome can happen without symptoms or warning signs. San Diego alone loses three to five teens annually.

It's not a heart attack. SCA is an abnormality in the heart's electrical system that can be detected with a simple EKG. But *EKGs are NOT a part of your teen's annual well-child exam* or pre-participation sports physical.

Parents now have the opportunity to have their teens screened at no cost. The screening is *completely non-invasive (no needles or x-ray exposure)*, painless and takes about a half hour to complete a health history, EKG and echocardiogram if indicated. You are notified of the results for follow-up with your own family doctor.

The biggest misconception about SCA is that it won't happen to your teen. You have no family history...your child has no symptoms...your doctor has not indicated a screening was needed. But there is a dangerously low awareness of SCA among parents and the medical community, even though it's the **number two cause of death in the U.S. for youth under 25.**

Simply register at EPSaveALife.org

IT TAKES LESS THAN 30 MINUTES!

| Screening Year | Teens Screened | Hearts with Abnormalities | Teens Found at Risk |
|----------------|----------------|---------------------------|---------------------|
| 2010 | 961 | 31 | 11 |
| 2011 | 2,699 | 64 | 30 |
| 2012 | 2,155 | 51 | 25 |
| 2013 | 3,924 | 67 | 33 |
| 2014 | 2,084 | 63 | 22 |
| Total | 11,823 | 276 | 121 |

EP Save A Life has screened

11,823

teens throughout San Diego County

276 had undetected heart abnormalities

121 were at risk for Sudden Cardiac Arrest

20 free heart screening events since 2010

1 IN 100 teens screened will be at risk



About Eric Paredes Eric was a healthy Steele Canyon High School sophomore athlete who died suddenly and unexpectedly from Sudden Cardiac Arrest (SCA) in 2009. His parents, Hector and Rhina Paredes, established EP Save A Life Foundation to honor Eric through their commitment to prevent this tragedy from reoccurring. Eric's foundation provides free screenings to youth to identify cardiac anomalies that may lead to SCA, with the ultimate goal of standardizing cardiac screenings among our youth. A 501(c)(3) nonprofit organization.

Please download and complete the parent screening packet and bring it with you July 26.