

# Student Athlete Heart Screening

## Saturday

### May 11, 2013

Physicals and Student Athlete Heart Screenings will be performed at the Lake Travis High School CAC this Saturday May 11<sup>th</sup> 2013.

Screenings are first come, first served - no appointments, and they are FREE.

This screening is a young athlete heart-screening program provided by Lakeway Regional Medical Center. Through this screening, Lake Travis ISD athletes can be screened for Hypertrophic Cardiomyopathy (HCM). HCM is a serious heart condition that is the leading cause of sudden cardiac death in young people, affecting roughly one in 500. Young athletes represent the majority of fatalities from HCM, due to stress on the heart during strenuous activity. HCM rarely has identifiable symptoms.

However, HCM may be diagnosed with an echocardiogram (ECHO), a non-invasive picture of the heart. An ECHO sends sound waves (like sonar) into the chest to rebound from the heart's walls and valves. They also show the size of the heart chambers and how well they're working. This technique doesn't hurt and has no risk. It's done in the same way as ultrasound pictures of a fetus are taken in pregnant women. A conventional ECHO in an office with a cardiologist is expensive and usually not covered by many insurance plans. Using a "2-minute" ECHO technique, screening for just HCM may be done for FREE. The screening is offered as a community service for **free** to Lake Travis ISD athletes regardless of insurance.

#### Student Athlete Screening

This service is being offered to any athletes who want or need this done. During the physical process if a doctor request an Echo or EKG on your student they will be able to get the echo or EKG done and then report back to the physician that ordered it that day. If you want your student to have one done and the physician does not request it you can still have your student screened on site at no cost to you.

**(Prior to all screenings all students will need to have parents present to complete a Release waiver on site. Without this waiver your student will not be able to be screened)**

