

Sports Health Screenings for Athletes — Be Heart Smart

At OhioHealth, we take caring for student athletes to heart. We want your sons and daughters to play strong, and more importantly, play safe.

For the first time, OhioHealth is offering pre-participation heart screenings for student athletes 14 and older to test for underlying heart conditions that could put them at risk while competing or practicing.

Sudden cardiac death in young athletes is rare, estimated at 1 in 200,000 athletes per year. WE have a goal of reducing that risk even more using pre-participation heart screening.

Most sudden cardiac deaths in young athletes occur because of a rhythm disturbance, a structural abnormality, such as cardiomyopathy, or a problem with coronary arteries – conditions that may not cause any symptoms before a significant heart event occurs.

The screening is non-invasive and involves answering a few questions and having two heart tests performed. There are three steps for the screening:

- + Answering questions about your family's heart history
- + An electrocardiogram (EKG)
- + A limited echocardiogram (a painless ultrasound of the heart)

The day of the appointment, participants will receive important information about pre-participation cardiac screening. OhioHealth Heart & Vascular sports cardiologists will evaluate and interpret the results, and we will mail parents a written report of the screening results within two business days. Results also will be sent to your child's pediatrician, if one is listed at the time of registration.

Screenings are being offered at our Westerville Medical Campus, 260 Polaris Parkway, 2nd floor. Cost is \$95.

CALL TO
SCHEDULE!

Call (614) 533.3471 to
schedule an appointment.



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Contact your child's physician if you he or she is having any signs or symptoms of heart problems. The pre-participation screening is NOT intended for anyone experiencing heart symptoms or anyone who has a personal history of heart disease.



OhioHealth
BELIEVE IN WE™

Are there warning signals that may indicate that an athlete is at risk?

Although many athletes who have a sudden cardiac event have had no prior symptoms, it is important to pay attention to any unusual symptoms that could indicate an underlying heart or circulatory problem.

What else can I do to understand sudden cardiac death?

For more information from OhioHealth visit OhioHealth.com/SportsMed-ForAthletesAndParents. There are things you can do today and additional resources to better understand your young athlete's risk.

- + Know your family history
- + Ask questions about your child's heart health
- + Take symptoms seriously and ask your physician for further cardiac testing
- + Find out if your child's school, sporting events and practices are equipped with an AED and trained staff
- + Learn CPR & AED use

Warning Signs for Heart Disease

If any are present, a full medical evaluation is recommended prior to sports participation

Personal history (In the child/teenager themselves)

1. Chest pain/discomfort upon exertion
2. Unexplained fainting or near-fainting
3. Excessive and unexplained fatigue associated with exercise
4. Heart murmur
5. High blood pressure

Family history

6. One or more relatives who died of heart disease (sudden/unexpected or otherwise) before age 50
7. Close relative under age 50 with disability from heart disease
8. Specific knowledge of certain cardiac conditions in family members: hypertrophic or dilated cardiomyopathy, long QT syndrome, Marfan syndrome, or clinically important arrhythmias or heart rhythms

How can I help if I witness an athlete collapse or faint?

Find out if your school, sporting events or practices are equipped with an Automated External Defibrillator (AED) and trained staff. Learn CPR & AED use.

Where can I go for more information?

At OhioHealth *WE* believe nothing is more important than the health of you and your family. All children and teenagers should undergo a standard sports physical once a year, performed by a qualified physician or sports medicine specialist. Call your primary care physician or pediatrician to discuss risks, family history and your student's personal health. If you do not have a primary care physician or pediatrician, we can help you find one. Visit ohiohealth.com or call us 24/7 (614) 4.HEALTH (443.2584) or 1 (800) 837.7555.

You may want to read more about heart health and screening guidelines. These additional resources may be helpful:

- + AHA Guidelines for youth athletic screening: http://www.heart.org/idc/groups/ahaecc-public/@wcm/@adv/documents/downloadable/ucm_443945.pdf
- + American Heart Association: www.heart.org
- + Hands Only – CPR: <http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR>

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28,000 PHYSICIANS, ASSOCIATES & VOLUNTEERS

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