



Attention all IDALOU ISD students and athletes in grades 7-12:

# Protect Your Heart!

## Heart Screening Wednesday, May 2

### For all students, athletes, band and cheer

IDALOU ISD cares about our students' heart health, so we are partnering with *Who We Play For*, a 501(c)3 nonprofit organization, to screen our students and student athletes with an electrocardiogram, (ECG or EKG). An ECG can detect issues in the heart that can be missed in a standard physical.

#### ECGs are Effective

ECGs are the best-performing heart screening tool with greater accuracy.<sup>1</sup>

#### ECGs are Simple

Each ECG screening is completely painless and easy to conduct - it only takes about five minutes per person. Wear comfortable clothes. Males will remove their shirts. Females should wear a regular bra which will not need to be removed.

#### ECGs are Affordable

Thanks to the generosity of IISD parents "paying it forward" last year, it's just \$10! If you went to a doctor's office or clinic, you'd pay \$150 or more. If you need financial assistance in order to participate, please contact Coach Lofton.

<sup>1</sup> McKinney, et al, *Canadian Journal of Cardiology* Volume 33, Issue 1

All students must have a signed consent form to participate. They were sent home but check with the school office or your coach if you didn't get one. The screening will be at the school Wednesday, May 2.

For more information about heart screening, please visit [www.whoweplayfor.org](http://www.whoweplayfor.org) or call 806.853.7727



*Make sure your heart is a fierce competitor!*



**WHO WE  
PLAY FOR**