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1. Why should your child have heart screening?

- a. Cardiac screenings are an effective way to detect many pre-existing and potentially fatal disorders.
- b. Death is often the first symptom. It is estimated that 30% -50% of all SCDs in young persons are first clinical events. In competitive young athletes, SCD is the first presentation of an underlying heart condition in up to 80% of cases
- c. Identify potential risk factors for coronary heart disease later in life

2. What can my child expect?

- a. Boys: arrive at appointment time with heart history survey completed and signed by parent.
Blood Pressure
EKG
Height/Weight and heart sounds physical
Education Table (CPR/AED demonstration)
Consult with Cardiologist
Echo if needed, back to Cardiologist consultation
- b. Girls: arrive at appointment time with heart history survey completed and signed by parent. All testing is done in private screening rooms
Blood Pressure
Change into gowns (shirts off, bra and pants on- gown open in the front)
EKG (female only technicians)
Height/Weight and heart sounds physical
Put their shirt back on- keep gown with them
Education Table (CPR/AED demonstration)
Consult with Cardiologist
Echo if needed, back to Cardiologist

3. The testing usually takes approximately 25- 30 minutes

4. No physical exercise 1 hour prior to screening