

CRY

CARDIAC RISK IN THE YOUNG



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Dear Parent(s) / Guardian(s)/Sportsperson

RE: CRY CARDIAC TESTING AT OLD ELTHMIANS SPORTS CLUB, COLLEGE MEADOW PAVILION, MARVELS LANE, ELTHAM, LONDON, SE12 9PH – 16th June 2018.

I am writing to you on behalf of the charity, Cardiac Risk in the Young (CRY), in order to let you know about the free cardiac screening programme for people aged 14-35 year olds that will be held at **Old Elthamians Sports Club (OESC)** on Saturday 16th June 2018. This screening is sponsored by **The Ben Daniels Memorial Fund** www.bendanielsmemorialfund.com

CRY's mission is to identify those that are at risk from sudden cardiac death. Sudden Death Syndrome is an umbrella term used for the many different types of cardiac arrest in young people. These conditions include the thickening or abnormal structure of the heart and irregularities of the impulses that upset the natural rhythm of the heart. Sporty youngsters stress their heart the most. If they have an underlying cardiac abnormality, they are more likely to be at risk. It is important to stress that exercise is **NOT** bad for you and sport itself does not lead to cardiac arrest, but it can act as a trigger for a young person to die suddenly by exacerbating an undetected condition. Screening is important because:

- Every week in the UK at least 12 apparently "fit and healthy" young people die of undiagnosed heart conditions.
- Most of these conditions do not show with symptoms.
- 80% of young people who die suddenly did not have symptoms

At a screening, the person being tested will receive an Electrocardiogram (ECG) that examines the electrical activity of the heart and as required echocardiogram (ECHO) and physical examination. It is a non-invasive procedure that will take no more than 10 minutes to complete and is performed by qualified cardiac physiologists. Our expert mobile screening team regularly screen Elite Athletes in the England Cricket, Hockey and Rugby teams, the Olympic Team GB.

The ECG results will be examined at the screening and some individuals will be required to undertake a follow-up echocardiogram (ECHO). This is an ultrasound scan of the heart that looks at its size, structure and blood flow. All results suggesting an abnormality will then be sent to CRY's consultant cardiologist Professor Sanjay Sharma, a leading expert on inherited cardiac conditions. Professor Sanjay Sharma is Professor of Cardiology at St George's University Hospital, medical director for the London Marathon, cardiac adviser for the English Institute of Sport, Lawn Tennis Association, Premiership Rugby and the Football Association

The screening clinic will be held at Old Elthamians Sports Club, College Meadow, from 9am to 5pm and appointments are in 10 minute slots.

If you would like to be tested or have your son / daughter tested for their cardiac health you need to book a slot online at <http://www.testmyheart.org/private/>

1. Click on Private screenings
2. Select the screening event on either the 16th June 2018. When asked to do so enter the password 'BDMF' (case sensitive) and click on 'Places Available'
3. Choose your slot and fill in the relevant details (please make sure you have your Doctors name, full address and telephone number to hand)
4. You will receive a pending email, which means the appointment is booked. Nearer the time you will get a confirmation email, this has a medical questionnaire and consent form at the bottom of the email, please print off, fill in and bring with you on the day.

IT IS VITAL THAT YOU TAKE THIS FORM WITH YOU ON THE DAY OF THE SCREENING.

Please note that screening appointments are on a first come first served basis. **Those being screened must be at least 14 years of age on the date of screening or 35 years of age or under.**

If you would like to make a donation to contribute towards the cost of future screening events please visit the Ben Daniels Memorial Fund just giving page www.justgiving.com/bendaniels. It costs £50 to screen each individual and your donation will help fund future screenings.

Lastly, if you would like any additional information on screening you can watch a video of CRY Patron David Walliams being tested at www.c-r-y.org.uk/philips.htm. Alternatively, please go to www.c-r-y.org.uk or contact a member of the CRY screening team on 01737 363222.

Yours faithfully,

Dr Steven Cox
Director of Screening
Cardiac Risk in the Young

PATRONS

Sir Ian Botham OBE – *Honorary President of CRY*, Rob Andrew MBE, John Barrowman, Jeremy Bates, Ben Brown, Mark Carruthers, Clive Clarke Mark Cox MBE, James Cracknell OBE, Brian Dooher, Nick Easter, Jonny Evans, Simon Halliday, Kathryn Harries, Michael Hoey, John Inverdale Pat Jennings OBE KSG, Robert Jones MBE, Gary Longwell, Pixie Lott, Emily Maitlis, Graeme McDowell MBE, Professor William McKenna, Bill Neely Phil Packer MBE, Sir Steve Redgrave CBE, Andy Scott, Roger Taylor MBE, Professor Gaetano Thiene, Gregor Townsend MBE Andrew Triggs-Hodge MBE, Andrew Trimble, David Walliams, Matt Wells, Ray Wilkins MBE, Sir Clive Woodward OBE

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