

CRY

CARDIAC RISK IN THE YOUNG



HEAD OFFICE: Unit 7, Epsom Downs Metro Centre, Waterfield, Tadworth, Surrey, KT20 5LR, UK.
Tel: 01737 363 222 Fax: 01737 363 444 E-mail: cry@c-r-y.org.uk Websites: www.c-r-y.org.uk www.sads.org.uk

Dear Parent(s) / Guardian(s)

RE: CRY CARDIAC TESTING AT Sir Thomas Rich's School, Oakleaze, Longlevens, Gloucester GL2 0LF on the 2nd October 2016.

I am writing to you on behalf of the charity, Cardiac Risk in the Young (CRY), in order to let you know about a **FREE** cardiac screening programme for people aged **14-35 years old** that will be run at Sir Thomas Rich's School, Oakleaze, Longlevens, Gloucester GL2 0LF on the 2nd October 2016. In memory of former student Dr Jennifer Bucknell.

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.

At a screening, your son / daughter will receive an Electrocardiogram (ECG) that examines the electrical activity of the heart and if required an 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.

The ECG results will be examined 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.

If you would like to have your son / daughter tested you must complete the following:

Please go to:

www.testmyheart.org

1. At the top of the page it says Book Appointment, click on this and you will see Sir Thomas Rich's School, Oakleaze, Longlevens, Gloucester GL2 0LF on the 2nd October 2016. Click on the name and then choose a time slot. Please note this screening is in memory of Jenny Bucknell (a former swimmer with Monnow SC and pupil at Sir Thomas Rich's) and is therefore free of charge.
2. Fill in all your details and then click book.
3. **You will receive a pending email which means the appointment is booked(please check your junk email in case it has gone in there) Nearer the time of the screening you will be sent a confirmation email , this will have a Medical Questionnaire and Consent form at the bottom of the email. Please download, fill them in and take them with you on the day.**

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