



Beaumont

Beaumont Hospital – Royal Oak

3601 W. 13 Mile Road
Royal Oak, MI 48073

January 16, 2023

Dear Students and families,

Beaumont's Student Heart Check program is working with Dearborn High offer a heart screening in your community. On Saturday, February 4th from 9am to 1pm, teens aged 13 to 18 are given the opportunity to participate in a series of **free** heart screening tests that could save their lives. The event will be held at Dearborn High in the gyms: 19501 W Outer Drive, Dearborn, MI . Registration for this event opens on December 19th, 2023.

<https://www.beaumont.org/services/heart-vascular/heart-centers/student-heart-check/upcoming-dates>

Beaumont's Student Heart Check program combines a simple health history with a noninvasive screening to look for signs of hypertrophic cardiomyopathy, a serious heart condition that is the leading cause of sudden cardiac death in young athletes. HCM affects approximately one in 500 people and does not usually have any symptoms. The stress on the heart during strenuous activities puts our students at higher risk for sudden cardiac death.

To date we have screened **19,701** students:

- **2,061** students could continue sports, but we recommended a follow up with their pediatrician.
- **223** students were advised to stop sports until further evaluation by a cardiologist for a variety of cardiac abnormalities.
- **9** students were later diagnosed with HCM. Multiple other students, upon follow up, were diagnosed with other significant heart abnormalities that needed attention.

Once you have registered online, please download and complete the necessary paperwork and return it with your child on the day of the screening. **Please note, screening appointment times are approximate and can take up to 90 minutes during our busiest times. Appointments are set so that we have a constant flow of arriving students; they do not indicate the exact time your student will be seen.** We are here to give each student a thorough screening and delays happen at times. Your patience and understanding are appreciated. Guardians do not go into the screening area with their student but are welcome to wait in the Dearborn High gym during the screening.

Students will bring their consent forms to the screening. Guardians are not required to attend if the forms are signed. Required forms that can be found on our website include:

- student/athlete medical history questionnaire
- program consent – must be signed by guardian

- Beaumont media consent (*please complete even if opting out*)

On the day of the screening, teens should wear a t-shirt and comfortable pants/shorts. Females should wear a regular bra (sports bras are not recommended). We want to assure you that your student's confidentiality, privacy, and individual modesty will be respected throughout all aspects of the program.

The screening is completely painless and non-invasive (no needles or X-ray exposure). Here's how it works:

- Each student's blood pressure is taken, and then they learn how to perform hands only CPR and how to use an AED.
- A cardiologist will review the student's medical history questionnaire and listen to the student's heart with a stethoscope.
- The student will receive an EKG screening where small patches with a mild adhesive are placed on their chest, legs and arms. Electrodes are then attached to the patches and the heart's electrical activity is recorded.
- A small amount of gel is applied to the student's chest for the screening echocardiogram, where sound waves are used to provide the cardiologist with a moving picture of the heart.

The data we collect may be used by Beaumont researchers to add to the scientific knowledge of sudden cardiac arrest in young athletes. The data will be reported anonymously. Student privacy and confidentiality will be maintained.

Please direct all questions to Jennifer Shea at jennifer.shea@beaumont.org.

Sincerely,

Beaumont's Student Heart Check Team