

## Beaumont Hospital – Royal Oak

3601 W. 13 Mile Road

Dear Students and Families,

Beaumont's Student Heart Check program is free and 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.

Please make sure to complete the necessary paperwork (attached) and return it with your child on the day of the screening. Required forms include:

- student/athlete medical history questionnaire
- program consent – must be signed by guardian
- Beaumont media consent (*please complete even if opting out*)

**IMPORTANT: It costs our program \$25 per registered teen whether you show up or not. We urge you to attend so we can continue to offer this free service. If you are unable to make your appointment, please cancel early by emailing [Jennifer.Shea@Beaumont.org](mailto:Jennifer.Shea@Beaumont.org). This allows us to offer the appointment to another student.**

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. Parents are encouraged to participate in the Hands Only CPR/AED with their teens. We have other informational health tables for you to take advantage of while waiting for your teen.

The screening is completely painless and non-invasive (no needles or X-ray exposure). **Appointment times are approximate and can take up to 90 minutes.** Students get in line as they arrive to begin their screening. Here's how it works:

- Students start off by having their blood pressure taken and learn CPR and how to use an AED
- A Beaumont 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.

Please direct all questions to Jennifer Shea at 248-551-5099 or [jennifer.shea@beaumont.org](mailto:jennifer.shea@beaumont.org).

Sincerely,

Beaumont's Student Heart Check Team