



VIA HEART PROJECT

FREE HEART SCREENING FOR TEENS AND YOUNG ADULTS

Sunday, November 6th - Denair Middle School

(FOR IMMEDIATE RELEASE)

Denair, CA: While few parents think of heart issues as something that could affect children, an **estimated one in three hundred school-aged children suffer from an undiagnosed heart defect**, many of which could lead to cardiac arrest and death. The risk of complications can be higher for students who are active in sports, gymnastics, dance, or other strenuous activities, and the first warning sign is often death.

To help find these hidden abnormalities, the Via Heart Project will conduct a **free heart screening open to all young people aged 12-25 on Sunday, November 6th, at Denair Middle School.**

The event is generously sponsored by EMC Health Foundation and Denair Unified School District, and our annual sponsor Gable Heart Beats.

The screening is conducted by volunteer Bay Area health professionals, including cardiologists, sonographers, and nurses. It includes a health history review, EKG test, and a focused echocardiogram. The entire process takes about 60-90 minutes, and is non-invasive—there are no needles or x-ray exposure. Each teen's confidentiality, privacy, and individual modesty is respected throughout. Participants will also have the option to learn cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) skills during the screening.

This screening is important because some 7,000 to 10,000 school-aged children die each year nationwide from sudden cardiac arrest, often from conditions that could have been detected in advance. Yet neither EKG nor cardiac ultrasound is included in the typical annual physical. Via Heart Project's screening is supplementary to, but does not replace, a child's annual exam or school sports physical.

"Any parent who has lost a child to a preventable health issue knows the pain of wondering what could have been done before it was too late. If we can prevent even one family from going through that pain, then what we have done is worth it," said Liz Lazar-Johnson, Executive Director of Via Heart Project.

To participate, go to <http://viaheartproject.org/screenings> to register and download the health history and parental consent forms, both of which should be filled out and brought to the screening. Registration is open until noon on Friday, November 4, 2022 and is limited to 500 people.

Contact:

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FREE YOUTH SCREENING

Sunday, November 6th, 2022
9:00 am to 2:30 pm

Location: Denair Middle School
3701 Lester Road,
Denair, CA 95316



EMC HEALTH FOUNDATION



*Where students are family
and learning comes to life!*



Photo courtesy of Via Heart Project



Via Heart Project is a 501(c)(3) non-profit organization founded in 2010, dedicated to preventing deaths from sudden cardiac arrest by placing AEDs, teaching CPR, and conducting free cardiac screenings for teens.

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