

# This **FREE** Heart Screening Could Prevent Fatal Cardiac Arrest in Your Teen

**Screen Your Teen Sunday, September 15 • 9am to 3pm at Coronado High School**

*Provided by the Eric Paredes Save A Life Foundation*

Every year thousands of our kids die when their heart suddenly and unexpectedly stops beating. Known as Sudden Cardiac Arrest (SCA), this syndrome can happen without symptoms or warning signs. San Diego alone loses three to five teens annually.

It's not a heart attack. SCA is an abnormality in the heart's electrical system that can be detected with a simple EKG. But *EKGs are NOT a part of your teen's annual well-child exam* or pre-participation sports physical.

But now Coronado High School and neighboring high school students can get a free heart screening with the EP Save A Life Foundation. Screenings include a preliminary questionnaire, an EKG, and if indicated, an echocardiogram. These tests typically cost between \$90 and \$1,500. The process is *completely non-invasive* with *no needles* and *no x-ray exposure*. You are notified of the results for follow-up with your own family doctor.

The biggest misconception about SCA is that it won't happen to your teen. You have no family history...your child has no symptoms...your doctor has not indicated a screening was needed. But there is a dangerously low awareness of SCA among parents and the medical community, even though it's the **number one cause of death in the U.S.**

IT TAKES  
LESS THAN 30  
MINUTES!

School	Teens Screened	Hearts with Abnormalities	Teens Found at Risk
Steele Canyon	461	14	5
Valhalla	500	17	6
Ramona	740	21	11
Carlsbad	436	7	3
Castle Park	510	7	3
Westhills	533	16	6
Grossmont	480	13	7
Temecula Valley	417	12	7
Point Loma	475	15	7
Eastlake	401	7	3
Cathedral	398	6	2
Pt. Loma Nazarene	464	11	6
Torrey Pines	1,032	18	3
Orange Glen	745	17	6
<b>Total</b>	<b>7,592</b>	<b>181</b>	<b>75</b>

EP Save A Life has screened nearly

**8,000**

teens throughout San Diego County

**181**

had undetected heart abnormalities

**75**

were at risk for Sudden Cardiac Arrest

**4**

required life-saving corrective surgeries

Among teens in the United States

**1 IN 350**

have an underlying heart condition

**20**

teens will be at risk for SCA for every 1,000 screened

Your school invites you to screen your teen. **Simply Register at [EPSaveALife.org](http://EPSaveALife.org)**



**About Eric Paredes** Eric was a healthy Steele Canyon High School sophomore athlete who died suddenly and unexpectedly from Sudden Cardiac Arrest (SCA) in 2009. His parents, Hector and Rhina Paredes, established EP Save A Life Foundation to honor Eric through their commitment to prevent this tragedy from reoccurring. Eric's foundation provides free screenings to youth to identify cardiac anomalies that may lead to SCA, with the ultimate goal of standardizing cardiac screenings among our youth. A 501(c)(3) nonprofit organization.

**Important Note: Please make sure to complete the enclosed parent screening packet and bring it with you Sept. 15**