

CRY

CARDIAC RISK IN THE YOUNG



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Dear Parent(s) / Guardian(s)

RE: CRY CARDIAC TESTING AT Garstang Community Academy, Bowgreave Drive, Garstang, Lancashire, PR3 1YE

Please note that this event is funded by the Matthew Hesmondhalgh Memorial Fund.

I am writing to you on behalf of the charity, Cardiac Risk in the Young (CRY), in order to let you know about a cardiac screening programme for people aged **14-35 years old** that will run at Garstang Community Academy on Sunday 7th February 2016.

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:

1. Complete your son/daughter's personal and GP contact details online so that we are able to write to you with the results and inform the GP if further tests are required.

This can be done by completing the following steps:

1. Go to the following web address: www.testmyheart.org
2. Click on 'PRIVATE SCREENINGS' on the top right hand side
3. Click on 'Garstang Community Academy'
4. It will then ask you to type in a password. The password is 'GARSTANG2016'
5. Click on 'Places Available'
6. Please choose a time and complete all relevant fields and then click "book"
7. You will receive a pending email, which means the appointment is booked, and nearer the time you will get a confirmation email, this has a medical questionnaire and consent form at the bottom of the email, please print off, fill in and bring with you on the day **THIS IS VITAL THAT YOU TAKE THE FORMS WITH YOU ON THE DAY AS WE NEED THESE FORMS FOR ADMIN PURPOSES TO BE RETURNED TO HEAD OFFICE.**

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

PATRONS

Sir Ian Botham OBE – *Honorary President of CRY*, Rob Andrew MBE, John Barrowman, Jeremy Bates, Ben Brown, Mark Carruthers, Clive Clarke Mark Cox MBE, James Cracknell OBE, Brian Dooher, Nick Easter, Jonny Evans, Simon Halliday, Kathryn Harries, Michael Hoey, John Inverdale Pat Jennings OBE KSG, Robert Jones MBE, Gary Longwell, Pixie Lott, Emily Maitlis, Graeme McDowell MBE, Professor William McKenna, Bill Neely Phil Packer MBE, Sir Steve Redgrave CBE, Andy Scott, Roger Taylor MBE, Professor Gaetano Thiene, Gregor Townsend MBE Andrew Triggs-Hodge MBE, Andrew Trimble, David Walliams, Matt Wells, Ray Wilkins MBE, Sir Clive Woodward OBE
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