

FOR IMMEDIATE RELEASE

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Free youth heart screenings offered for all Renton area youth ages 14-24 at Hazen High School on April 4th, 2012

Seattle, Wash. – Although heart disease is often perceived as an "adult disease" it is the leading cause of death in young athletes! As part of its commitment to making our schools and community safer, the Renton School District is partnering with Nick of Time Foundation to host a free youth heart screening for ALL Renton youth on Wednesday, April 4th, 2012 at Hazen High School. All students between the ages of 14-24 years are eligible for a free heart screening, regardless of enrollment status.

According to the American Heart Association, one in every 350 young people has an undetected heart condition. The best way to detect these conditions is through a heart screening consisting of a comprehensive family health history survey and using an ECG (electrical test) and Echocardiograms (ultrasound) of the heart. The test is painless and takes about 25 minutes. All students are also trained in CPR and how to use an AED. Athletes especially are encouraged to sign up for a heart screening. Current statistics show that sudden cardiac arrest is the leading cause of death in exercising youth athletes, happening once every 3 days in the US. Most with no prior symptoms.

Nick of Time Foundation and their partners, UW Medicine and Seattle Children's Hospital, provide free heart screenings at high schools throughout the Puget Sound. Combining strong volunteer support and community collaboration from the Renton Fire Department and Valley Medical Center, this unique program is designed to identify cardiovascular disease that may place the student athlete at risk of sudden death.

They can screen up to 500 students who have preregistered and timeslots are filling up fast. To schedule an appointment for a screening, parents and students must complete a Medical History Questionnaire (which can be downloaded at www.nickoftimefoundation.org programs/youth heart screenings) and take the completed form to Hazen High (1101 Hoquiam Avenue Northeast, Renton) or scan and email <mailto:vicki.molnar@rentonschools.us> or call (425) 204-4250 before the April 3rd deadline. Appointments cannot be scheduled without the completed paperwork.

Nick of Time Foundation FREE Youth Heart Screening~ 8:30am-3:30pm
Wednesday, April 4th, 2012, 1101 Hoquiam Ave NE, Renton WA 98059