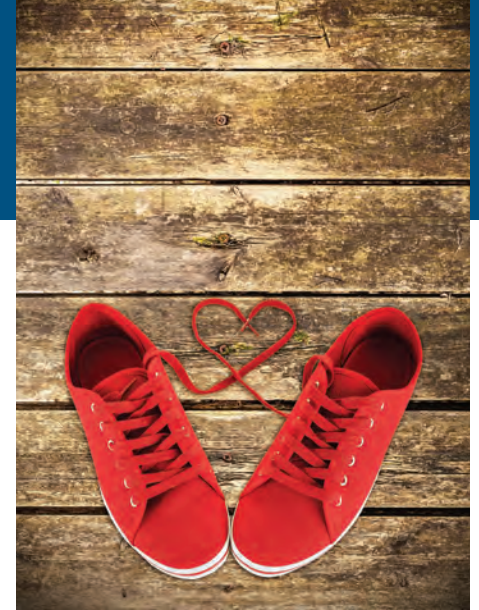




Heart Screenings Vital for Active Teens

As a leader in our community's health, we know our role is best served when we reach out and work with our community to provide the services that are wanted and needed. That important partnership is demonstrated in a vital event taking place next month — the free Teen Heart Screening for Marysville High School juniors and seniors on August 12. Please read the story below for details of this event, and why this type of screening is so important. You will also learn how this screening came about through our Foundation's community outreach efforts.

Jennifer Montgomery, MSA, RN, FACHE, President and CEO



Why Teen Heart Screening?

When we think of active teens and health, we might think of preventing injuries such as concussions, sprains and fractures; but the thought of heart problems doesn't enter our minds. Yet, we all pause when we hear the devastating stories of healthy teens collapsing on a sports field due to an undetected heart issue.

Each year, approximately 100 young athletes die from Sudden Cardiac Arrest (SCA). That number is likely much higher as there is not a formal registry tracking SCA deaths.

According to Community Outreach and Education Coordinator Kelly DiNardo, RN, BSN, SCA is not a heart attack. "A heart attack occurs when blood flow is blocked causing damage to the heart muscle. SCA occurs when the electrical signals in the heart become chaotic, causing the heart to quiver and interrupting blood flow to vital organs."

A Partnership, a Need, and Action

The McLaren Port Huron Foundation gives back to our communities in a variety of ways throughout the region. The Foundation Outreach Representative collaborates with several Community Health Teams and identifies needs that are unique to each area.

"Our mission is to build healthier and stronger communities," says Community Outreach Representative Heather Hayes. "The Marysville group was interested in providing SCA screening, and we went to work to make it happen." This includes utilizing American Heart Association (AHA) screening guidelines, and procuring hospital volunteers. The Foundation also sought and received grants for funding, with additional funding from McLaren Port Huron.

The Teen Heart Screening includes:

- Heart health questionnaire
- Examination stations (including evaluation of pulses and heart sounds)
- Electrocardiogram (ECG) if indicated, and will be performed on site

How to Participate in the Screening

This is a free program on August 12 from 9 a.m. – 1 p.m. open to Marysville High School juniors and seniors. Pre-registration is required and a parent or legal representative must accompany the student. Participants will receive a questionnaire upon registration.

"The symptoms of SCA can be vague and require some thought," says Kelly. "That's why we encourage parents to complete the questionnaire with their teen prior to the screening. You might, after thinking about it, remember a time when the student became faint or dizzy during a practice. The more information, the better the screening."

To register, call HealthAccess at (800) 228-1484 or register online at www.mclaren.org/phteenheart

A very informative video about SCA is available through Marysville High School's M6 television studio. It features Dr. Ajay Krishen, Cardiologist and Electrophysiologist with Cardiology Associates of Port Huron (who will be on-hand for the screening.)

To view, go to www.mclaren.org/phteenheart and scroll to the bottom of the page.



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