

Nick of Time Foundation EKG Youth Heart Screening Program

Nick of Time Foundation in partnership with the UW Center for Sports Cardiology conducts EKG youth heart screenings for adolescents and young adults ages 14-24. Screenings consist of a Heart Health Survey asking about possible signs & symptoms or family history of a heart condition. An EKG is performed that analyzes the electrical signals of the heart and the results are reviewed on site by medical professionals experienced in EKG youth heart screens. A simple EKG can identify certain serious heart conditions that cannot be detected by a stethoscope.

Nick of Time Foundation provides these EKG Youth Heart Screenings at no cost or obligation to **JROTC** program members between 14-24 yrs. old through a partnership with the **Lion Heart Heroes Foundation**.

Lion Heart Heroes raises awareness of the importance of better cardiac screening in the military and advocates for screening all military recruits with EKGs using the latest protocols and technology. They also donate Automated External Defibrillators (AEDs) to military posts and promote Sudden Cardiac Arrest awareness and CPR training.

Every military member deserves an EKG and the chance to prevent a life-altering or life-ending event.

2019-2020 Dates and Locations

Nov. 6, 2019	Bothell HS
Feb. 2, 2020	Bellevue Christian HS
Mar. 4, 2020	Lake Stevens HS
Apr. 1, 2020	Archbishop Murphy HS
May 6, 2020	Monroe HS

To register your student please email:

appt@nickoftimefoundation.org and mention JROTC in subject line.

For more information about Lion Heart Heroes Foundation visit:

www.lionheartheroes.org



LION HEART
HEROES FOUNDATION



Nick of Time
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Nick of Time Foundation and Lion Heart Heroes Foundation are 501(c) (3) Nonprofit Organizations.

Frequently Asked Questions about Heart Screening

What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is a condition that occurs when the heart suddenly and unexpectedly stops beating effectively. If this happens, blood stops flowing to the brain and other vital organs. This is caused by an electrical disturbance and/or a structural abnormality. Death occurs within minutes if not treated with CPR and an AED (automated external defibrillator). SCA is not a heart attack. A heart attack involves rupture of an atherosclerotic plaque in a coronary artery and can lead to SCA.

Why is an electrocardiogram (EKG) important?

The standard of care for well-child and sports physical examinations miss about 90% of electrical and structural issues that can put young people at risk for SCA. Most of these conditions are not detectable with just a stethoscope. Research shows that electrocardiograms (EKGs or ECGs) are the most effective way to diagnose an undetected heart condition.

What is an electrocardiogram (EKG)?

An EKG is a completely painless, non-invasive test that evaluates the health of your heart. It measures your heart rate and rhythm through electrodes attached via small patches with a mild latex free adhesive to the chest, legs and arms. No physical activity is required.

What is an echocardiogram (ECHO)?

When indicated by our medical team, a limited echocardiogram (ultrasound of the heart) will be done. This specifically focuses on identifying heart structural abnormalities relevant to the age group being screened.

What does it mean if my screening finding indicates that further evaluation is needed?

An abnormal screen requires additional testing with a cardiologist to evaluate for the presence of a heart disorder.

Will results be shared with the school?

No.

Will a diagnosis be made on the results of the screening?

Not usually. This is a screening and identified concerns require additional testing and medical consultation. If you are told additional follow-up is needed, you will be provided by the next business day with a complete copy of your screening record for you to take to your physician. ECHO film results are not available.

If my EKG is within normal limits, does it need to be repeated again in future years?

Current recommendations are to repeat the EKG every two years while active in sports through age 25 or if any new warning sign, symptom, or family history of a heart disorder are present.

What are the warning signs or symptoms that should always be shared with your PCP?

- Family history of SCA or sudden death
- Chest pain or pressure with exercise
- Fast heart beat that is unexplained
- Fainting during exercise
- Seizure
- Unexplained fatigue or shortness of breath with exercise

**** This screen is not intended for children who have a diagnosed heart condition and are followed by a cardiologist. The screen is intended to identify undiagnosed heart disorders and should not be a substitute for a cardiology follow-up or testing.**

