

CRY

CARDIAC RISK IN THE YOUNG



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Dear Parent(s) / Guardian(s),

RE: CRY cardiac testing at Whitchurch Rugby Club, Whitchurch, Shropshire SY13 1EU

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 be run at Whitchurch Rugby Club on 13th & 14th November 2021.

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 be tested you must complete the following:

Please go to

www.testmyheart.org/private/

1. Scroll down the page and you will see Whitchurch Rugby Club on 13th and 14th November 2021. Click on the Register button and, when prompted, enter the password **Dewhirst21** (Booking is available to Ellesmere College pupils only until 20th September when it will be opened up to the public.)
2. Choose a time for your appointment.
3. Fill in all your details and then click book.
4. **You will receive a pending email which means the appointment is booked. Nearer the time of the screening you will be sent a confirmation email, this will have a Medical Questionnaire and Consent form at the bottom of the email. Please download, fill them in and take them with you on the day. We cannot screen anyone without their consent form**

All individuals entering the screening venue must have proof of a negative coronavirus (COVID-19) lateral flow test within the 24 hours prior to the screening. This includes any individuals accompanying / chaperoning the person being screened.

If you would like any additional information on screening please go to www.c-r-y.org.uk or contact a member of the CRY screening team on 01737 363222.

Yours faithfully,

Sue Dewhirst
CRY Representative for Shropshire