

# Prevent Fatal Cardiac Arrest in Your Teen

## FREE Heart Screening For Teens 12-19

Sunday, January 31 • 9am to 3pm at El Camino High School in Oceanside

Provided by the Eric Paredes Save A Life Foundation and a medical team led by Scripps cardiologist Dr. John Rogers MD

Every year thousands of our kids die when their heart suddenly and unexpectedly stops beating. Known as Sudden Cardiac Arrest (SCA), this syndrome can happen without symptoms or warning signs. San Diego alone loses three to five teens annually.

It's not a heart attack. SCA is an abnormality in the heart's electrical system that can be detected with a simple EKG. But *EKGs are NOT a part of your teen's annual well-child exam or pre-participation sports physical.*

Through our partnership with your school, parents have the opportunity to have their teens screened at no cost. The screening is *completely non-invasive (no needles or x-ray exposure)*, painless and takes about a half hour to complete a health history, EKG and echocardiogram if indicated. You are notified of the results for follow-up with your own family doctor.

The biggest misconception about SCA is that it won't happen to your teen. You have no family history...your child has no symptoms...your doctor has not indicated a screening was needed. But there is a dangerously low awareness of SCA among parents and the medical community, even though it's **a leading cause of death in the U.S. for youth under 25 and #1 killer of student athletes.**

Your school invites you to screen your teen. **Simply register at [EPSaveaLife.org](http://EPSaveaLife.org)**

EP Save A Life has screened

**17,950**

teens throughout San Diego County

**365** had undetected heart abnormalities

**157** were at risk for Sudden Cardiac Arrest

**29** free heart screening events since 2010

**1 IN 100** teens screened will be at risk



**About Eric Paredes** Eric was a healthy Steele Canyon High School sophomore athlete who died suddenly and unexpectedly from Sudden Cardiac Arrest (SCA) in 2009. His parents, Hector and Rhina Paredes, established EP Save A Life Foundation to honor Eric through their commitment to prevent this tragedy from reoccurring. Eric's foundation provides free screenings to youth to identify cardiac anomalies that may lead to SCA, with the ultimate goal of standardizing cardiac screenings among our youth. A 501(c)(3) nonprofit organization.

Please download and complete the parent screening packet and bring it with you January 31



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