

# CRY

## CARDIAC RISK IN THE YOUNG



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Dear Parent(s) / Guardian(s)

### RE: CRY CARDIAC TESTING AT LANDAU FORTE COLLEGE – DERBY SCREENING

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 Landau Forte College on 8<sup>th</sup> March 2014.

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 as required 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 have your son / daughter tested you **MUST** complete the following:

1. **Go to the following web address: [www.testmyheart.org](http://www.testmyheart.org)**
2. **Select 'Derby Screening'**
3. **Go to 'book' and choose a time convenient for you.**
4. **Please complete all relevant fields and then click "book"**
5. **You will receive a pending email, this means the appointment is booked. Nearer the time we check all the details including date of birth and then send a confirmation email. This will have a medical questionnaire and consent form at the bottom of the email, please print off, fill in and take with you on the day.**

**This screening is being funded by the Reece Jeffrey Memorial Fund and is therefore FREE of charge.**

If you would like any additional information on screening you can watch a video of CRY Patron David Walliams being tested at [www.c-r-y.org.uk/philips.htm](http://www.c-r-y.org.uk/philips.htm). Alternatively, please go to [www.c-r-y.org.uk](http://www.c-r-y.org.uk) or contact a member of the CRY screening team on 01737 363222.

Yours faithfully,

Dr Steven Cox  
Director of Screening  
Cardiac Risk in the Young

#### PATRONS

Sir Ian Botham OBE – *Honorary President of CRY*, Rob Andrew MBE, John Barrowman, Jeremy Bates, Ben Brown, Mark Carruthers, Clive Clarke Mark Cox MBE, James Cracknell OBE, Brian Dooher, Nick Easter, Jonny Evans, Simon Halliday, Kathryn Harries, Michael Hoey, John Inverdale Pat Jennings OBE KSG, Robert Jones MBE, Gary Longwell, Pixie Lott, Emily Maitlis, Graeme McDowell MBE, Professor William McKenna, Bill Neely Phil Packer MBE, Sir Steve Redgrave CBE, Andy Scott, Roger Taylor MBE, Professor Gaetano Thiene, Gregor Townsend MBE Andrew Triggs-Hodge MBE, Andrew Trimble, David Walliams, Matt Wells, Ray Wilkins MBE, Sir Clive Woodward OBE  
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