

CRY

CARDIAC RISK IN THE YOUNG



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Dear **Parent /Guardian/Coach,**

RE: CARDIAC SCREENING for 14-35 yr olds at The Heatons Sports Club, Green Lane, Heaton Moor, Stockport SK4 2NF, Saturday 21 February 2015.

The charity, Cardiac Risk in the Young (CRY) will be carrying out cardiac screening to detect for heart defects in young people aged **14-35 years old** at Heaton Sports Club on Saturday 21st February 2015, the last Saturday in the half term holiday.

I would be grateful if you could forward this letter to parents/ guardians and sports clubs who may be interested in booking onto this screening which is being organised with the support of Stockport Metro Swim Club and Heatons Sports Club.

Every week in the UK at least 12 apparently fit and healthy young people under 35 die of undiagnosed heart conditions.

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. Sometimes an individual may have a cardiac abnormality without having any symptoms. **Screening is not just for people who play sport.** Whilst sporty youngsters stress their heart the most and are more likely to be at risk, if they have an underlying cardiac abnormality, **recent research carried out by CRY also shows that cardiac incidents can take place at anytime in any individual – they are not just limited to high level sport,** they may occur just jogging to catch a bus or when asleep at night.

Any young individual aged 14-35 can be screened.

At a screening, you or 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.

The cost of this screening will be £45

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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Registered Charity No. 1050845



These screening tests are not available on the NHS and would cost over £300 privately. Any surplus funds will be donated to C-R-Y, Stockport Metro Swim Club and Heaton's Sports Club.

Payment MUST be in advance. You cannot book a place without payment. If you are interested in booking a screening for yourself or your son/daughter and are aged 14-35 please contact Ann-marie@greatnorthernevents.co.uk or phone **07973 574735**.

We will then send you payment details. Once your payment has been received you will be sent a link and password to the C-R-Y booking website www.testmyheart.org. The 105 places are available on a first come first served basis. When booking you will need to include your son/daughter's personal and GP contact details so that CRY can write to you with the results and inform your GP if further tests are required.

THIS SCREENING CAN ONLY TAKE PLACE IF WE GET ENOUGH TAKE UP SO PLEASE FORWARD TO AS MANY PEOPLE AND GROUPS AS POSSIBLE.

Should you require further information or posters please contact me on the above email address.

With many thanks for your support,

Yours faithfully,

Ann-Marie Franey
Parent Member Stockport Metro Swim Club

And

Dr Steven Cox
Director of Screening
Cardiac Risk in the Young

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