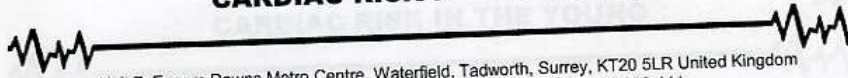


CRY

CARDIAC RISK IN THE YOUNG



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Cardiac Testing – Who are CRY and why is cardiac testing important?

CRY is a charity whose mission is to raise awareness of undetected cardiac abnormalities in young, apparently healthy individuals. Although governmental statistics are not available, cardiac experts believe that 4-8 young people die each week in the UK from undiagnosed cardiac conditions. It is important to stress that the majority of these deaths **ARE** preventable. It is also important to realise that exercise is **NOT** bad for you, but can act as a trigger for an event if the individual already has underlying pathology. The Cost of the ECG and ECHO is **£200** only. Please note that any further tests are free of charge under our consultants NHS programme.

Individuals may be tested from the age of 14 until 35. Individuals may make a special request (subject to approval) to be screened before their 14th birthday. The reason being is that growth changes during puberty will alter results year by year and make valid documentation difficult. Tests performed on pre-pubescent teenagers should be repeated at a later date.



An Electrocardiogram (or ECG for short) is a simple, non-invasive and painless electrical test that examines the electrical activity within your heart. As you can see from the picture on the left, the ECG involves the patient lying down quietly for 5-10 minutes only. You should have rested for at least 30 minutes prior to your ECG.

Small stickers (known as electrodes) are placed at strategic points on your chest. Flexible leads that extend from the ECG machine are then attached to these stickers. The electrical rhythm of your heart is recorded and printed out on thermal paper. This part of the process only takes 2-3 minutes to perform and after that you are free to go. As you can see from the picture, the technician will have to access your bare chest. Female technicians are used where possible for female patients, and the ECG can be obtained whilst wearing a non-wired sports bra.

In addition to this, you will undergo an Echocardiogram (ECHO) whilst lying down. It is an ultrasound scan of the heart that measures cardiac dimensions and the flow of the blood in and out of the heart. Just like a sonogram of a pregnant woman, the scan is painless, non-invasive and takes no more than 20 min. Please note that all our technicians work as ECG/ECHO technicians within the NHS or BUPA, and furthermore, all our technicians have been investigated by the Criminal Records Bureau and are free to work for CRY.

Supporting Cardiologists: Professor WJ McKenna Dr Sanjay Sharma Dr Nigel Stephens
Patrons: Rob Andrew MBE Jeremy Bates Mark Cox MBE Nick Gillingham MBE Robert Jones MBE Professor WJ McKenna
Sir Steve Redgrave CBE Professor Michael Vincent
Ian Botham OBE – Honorary President of the CRY Centre for Sports Cardiology
A Company Limited by Guarantee. Registered in England No. 3052965
Registered Office 35 – 37 Grosvenor Gardens, London SW1 0BY Registered Charity No. 1050845

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Consent Form for Cardiac Screening

After the ECG and ECHO have taken place, the results are taken to our consultant cardiologist, whose speciality is cardiac adaptation in young athletic individuals. He reviews each individual result along side the personal and family history questionnaire you filled in prior to examination. It is extremely important that you fill in these questionnaires to the best of you ability. Do not guess on history you don't know, instead ask a family member to fill in the missing gaps.

We use this information to give you a full and honest diagnosis based upon the data and facts presented to us. In the majority to cases patient will receive an "all clear" letter, but sometimes patients will be invited to attend University Hospital Lewisham for a further cardiac test.

There are a number of reasons why follow up tests are felt to be of benefit. The ECG and ECHO readings taken during the testing **MAY** indicate an athlete's heart (enlarged heart muscle due to large volumes of physical activity), borderline measurement, or imperfect readings. In order to properly rule out a cardiac abnormality, a further ECG and an Echocardiogram will be required, plus Holtor monitor (a 24 or 48 hour ECG) and/or exercise stress test. It is important to realise that a further review does not mean you have anything wrong with you, we just need further information that only a hospital can provide, to give you a full diagnosis. Only then will we have an idea of the result.

The information derived from these tests is strictly confidential and will not be disclosed to anyone other than your doctor or others who are directly involved within your care, i.e. other consultant cardiologists. In the rare event that a cardiac abnormality is diagnosed you must be aware that this may affect certain mortgage applications, particular types of life insurance and some careers. We have a comprehensive resource network for affected individuals and family members that includes counselling, financial and personal advice

It must be stressed that undetected heart conditions are rare. Our tests are able to detect the majority of cardiac abnormalities most likely to affect young people. In order for you to have an ECG and ECHO, you must have fully read the information provided. If you are unsure about anything, please visit our website at: www.c-r-y.org.uk for more information. If you still can't find the information you are looking for, please contact the CRY office and one of us will endeavour to give you the answer.

CRY Health Questionnaires and Consent Forms will be distributed with this information letter, but it should be noted that young people wishing to be tested, who are under the age of sixteen, must seek written permission from a parent or guardian.

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Consent Form for Cardiac Screening

It is extremely important that you have read the information sheet provided with this consent form. It is also important that you have understood all the information provided and have asked questions about the procedure to a member of CRY staff to alleviate any concerns you may have about the screening process.

Please tick the following box to confirm you have fully read and understood the screening information.

Test Procedure: An Electrocardiogram (or ECG for short) is a simple, non-invasive and painless test that examines the electrical activity within your heart. Small stickers are placed at strategic points on your chest. Flexible leads that extend from the ECG machine are then attached to these stickers. The electrical rhythm of your heart is recorded and printed out on thermal paper. An Echocardiogram (ECHO) is an ultrasound scan of the heart that measures cardiac dimensions and the flow of the blood in and out of the heart. Just like a sonogram of a pregnant woman, the scan is painless, non-invasive and takes no more than 20 min. Female technicians are used where possible for female patients. If you wish, a friend or chaperone can accompany you during the procedures. All medical personnel, who are linked to CRY, are verified and approved by Dr Sanjay Sharma and/or Professor WJ McKenna. All results are treated in the strictest of confidence.

Results: It should be noted that the ECG will appear abnormal in a small percentage of cases and clients will require follow up tests to confirm cardiac health. CRY will notify you, or your parents if you are under 16, and your GP within 3 working weeks after the screening event to discuss a time for you to return to University Lewisham Hospital for follow up tests if need be.

STATEMENT: I have read and understood the implications of further testing, outlined in the CRY Information Sheet. I understand that in the rare event an abnormality is confirmed, this may affect some types of mortgage and health insurance applications and that it may also affect some careers. Questions concerning this procedure have been answered to my satisfaction. I also understand that I am free to withdraw consent and discontinue participating in any procedures without justifying a reason. I have also been informed that the information derived from these tests are confidential and will not be disclosed to anyone other than my doctor or others who are involved within my care. However, I am in agreement that the information from these tests is not identifiable to me can be used for research purposes.

(SIGNATURE).....

NAME OF CLIENT (PRINTED).....

CONTACT TEL. NO.

PARENTS SIGNATURE.....DATE.....

(Required if individual is under 16 years of age)

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