

# EKG Screenings Can Protect Young Hearts



**As pediatricians and primary care physicians YOU are the first line of defense against sudden cardiac arrest (SCA) and death in youth.**

The standard approach to well-child checkups and pre-participation physical examinations misses about 90% of heart conditions that can put kids at risk for SCA. And most of these conditions are not detectable with a stethoscope. Research shows that electrocardiograms (EKGs or ECGs) are the most effective way to diagnose an undetected heart condition. Given most youth do not report or recognize symptoms associated with a potential heart condition, Parent Heart Watch supports EKG screenings as a best practice in youth health care.

**Here's what you can do to help us protect young hearts:**

- Proactively review cardiac questionnaire with both youth and parents
- Assess family history of heart disease or sudden death under the age of 50
- Ask if youth has experienced fainting, chest pain, shortness of breath, racing heart, dizziness or excessive fatigue
- Administer EKG for the early detection of conditions that may lead to cardiac arrest
- Refer patient to a pediatric cardiologist for further evaluation

## SCA in Youth...*Not so Rare*

- # 1 killer of athletes during sports
- # 2 leading medical cause of death in children and adolescents
- leading cause of death on school campuses
- 1 in 300 youth are found at risk for sudden cardiac arrest through preventative heart screenings

***Don't take a chance with a child's heart!***

*Explore the importance of ECGs testing and interpretation through free online learning modules at: <https://uwsportscardiology.org/e-academy/>*



**Parent Heart Watch.**  
THE NATIONAL VOICE  
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

**[www.ParentHeartWatch.org](http://www.ParentHeartWatch.org)**

