



Attention all JAYTON-GIRARD ISD students, athletes, band, cheerleaders and drill team:

# Protect Your Heart!

Heart Screening  
Tuesday,  
October 16

JAYTON-GIRARD ISD cares about our students' heart health, so we are partnering with *The Cody Stephens Go Big Or Go Home Memorial Foundation*, a 501(c)(3) nonprofit organization, to screen our student-athletes with an electrocardiogram, (ECG or EKG). An ECG can detect issues in the heart that can be missed in a standard physical.

### ECGs are Effective

ECGs are the best-performing heart screening tool with greater accuracy.<sup>1</sup>

1 McKinney, et al, Canadian Journal of Cardiology Volume 33, Issue 1

### ECGs are Simple

Each ECG screening is completely painless and easy to conduct - it only takes about five minutes per person. Wear comfortable clothes. Males will remove their shirts. Females should wear a regular bra which will not need to be removed.

### ECGs are Affordable

Special thanks to the *Cody Stephens Go Big or Go Home Memorial Foundation's generous donors*, which allows schools to provide first year heart screenings for FREE! Cody died in 2012 from an undiagnosed heart issue and his family started this foundation to make sure other families don't have to experience that pain. To learn more about Cody's story and heart screening, please visit [www.codystephensfoundation.org](http://www.codystephensfoundation.org) or call 806.853.7727.

All students must have a signed consent form to participate. Forms were sent home but check with your coach or the office if you didn't get one. The screening will be Tuesday, October 16 at the school from 1:00-3:30 PM.



Make sure your heart is a fierce competitor, too!



[www.codystephensfoundation.org](http://www.codystephensfoundation.org)





**JAYTON-GIRARD ISD** cares about your child's heart health, so we are partnering with the Cody Stephens Go Big or Go Home Memorial Foundation (GBOGH) to screen students with an ECG (electrocardiogram). An ECG, also known as an EKG, can detect issues in the heart that can be missed in a standard physical. Please consider signing up your child for this very important screening.

## Here are some Frequently Asked Questions (FAQ) about heart screening:

### Why should my child get a cardiac screening?

A simple cardiac screening can help detect problems before they become major medical issues. While we recommend all active students get an ECG, you should definitely be screened if you:

- compete in high impact sports which increase your heart rate for long periods of time
- have a family history indicating a heart disease risk
- get dizzy during athletics
- experience fainting spells or weakness while participating
- get shortness of breath that does not clear quickly
- get chest pain while participating

### How is the cardiac screening done?

Cardiac screening can detect a variety of potentially catastrophic genetic diseases. The simplest level of testing is an ECG, which looks at the electrical signals of the heart. An ECG involves placing electrodes on the chest around the heart to record those signals. The test is easy, painless, non-invasive, and takes less than 5 minutes. It does not involve needles, blood work, radiation exposure or sedation.

### How often do you find a problem?

On average 97% of all those screened have a normal ECG and are considered at low risk for cardiac issues. In less than 2.5%, results are inconclusive or suggest something that requires further testing. Most often an Echocardiogram (Echo) is recommended. The Echo is used to get a picture of the heart similar to an ultrasound to look at a baby during pregnancy. The Echo looks for valve and vein structure, muscle thickness, and proper operation of the heart. Most rarely, but most importantly, our statistics show that 1 in 1000 of those we screen will be flagged as high risk with a severe abnormality on their ECG.

### Will I see the results of my child's ECG?

Yes. The interpreted ECGs will be returned to the school within 3 business days with a designation of low risk, follow-up or high risk, as well as information about particular ECG findings, when applicable.

### Who reads the ECG?

Every ECG is read by board-certified Cardiologists who are among the most experienced and qualified doctors in the country. Their experience means more accurate interpretations.

**For more information, visit [www.codystephensfoundation.org](http://www.codystephensfoundation.org) or call (806) 853-7727.**

### **Are boys and girls screened together?**

No, arrangements are made for privacy. Everyone being screened should wear separates, like shirt and shorts/pants. Boys will remove their shirts. Girls should wear a regular bra, which will not need to be removed.

### **How much will this cost?**

This first year it's FREE, thanks to **The Cody Stephens Go Big Or Go Home Memorial Foundation's generous donors**. A typical doctor's appointment with ECG normally costs \$100 and up, so Jayton-Girard ISD is happy to offer our families this important heart screening at a huge savings.

### **What if my child needs a follow up?**

An abnormal ECG will be flagged for follow up, which means additional testing is needed to see what is causing that abnormality - think of it as a yellow caution light. It will include documentation on what the potential problem might be. Even if your child is flagged for a follow-up, he or she can continue participating in sports and other activities. You'll just need to have your child visit a Cardiologist within 3 months for follow up.

### **What if my child is considered high risk?**

If your child is flagged as *high risk*, it is like a red traffic light. He or she should not participate in sports or high-energy activities in any way (practice, games, scrimmages, etc.) until he or she has seen a specialist and received clearance or treatment. If you don't have one already, we will offer the contact information of Cardiologists in your area.

### **Isn't this covered with the annual physical?**

The annual physical exam asks family history questions, and requires a doctor to listen to the student's heart with a stethoscope. Studies have shown that this is just 1% effective in catching heart issues. An ECG can detect up to 95% of the conditions that cause SCA.

### **Do we need to do this every year?**

Cardiac screening should be part of a physical at least once while in middle school and once in high school. If your child is considered low risk then those are the only two times recommended to get an ECG before adulthood.

### **Where can I find out more information?**

You can visit [www.codystephensfoundation.org](http://www.codystephensfoundation.org) or call (806)853-7727 to find out more.

**The ECG screening will be held at the school on Tuesday, October 16 at the school from 1:00-3:00. The screening is open to all students, athletes, band, cheerleaders, and drill team in grades 6-12.**

**For more information, visit [www.codystephensfoundation.org](http://www.codystephensfoundation.org) or call (806) 853-7727.**



## ELECTROCARDIOGRAM CONSENT FORM AND RELEASE OF LIABILITY

### JAYTON-GIRARD ISD

An electrocardiogram (ECG or EKG) screen can help identify young athletes who are at risk for Sudden Cardiac Arrest (SCA), a condition where death can result from an abrupt loss of heart function. An ECG screening may assist in diagnosing several different heart conditions that may contribute to SCA.

By signing below, I am either electing or declining an ECG screen provided by **Jayton-Girard ISD** for my child. By electing to receive an ECG screen, I acknowledge the limitations of an ECG screen and that SCA or other cardiac events may still occur, despite this screening. I further acknowledge that students with an abnormal ECG will be required to undergo further testing (e.g. an echo or ultrasound) and/or a medical consultation prior to being released to resume participation for **Jayton-Girard ISD** extracurricular activities. By my signature below, I hereby release and forever discharge, and waive, any and all claims against The Cody Stephens Go Big Or Go Home Memorial Foundation (GBOGH) and **Jayton-Girard ISD**, their employees, trustees, consultants, volunteers and contractors that relate to my election regarding and/or my child's participation in the ECG screening. I authorize medical personnel to review the ECG results, and interpret and use the same for diagnostic and aggregated statistical purposes in accordance with the Family Educational Rights and Privacy Act and Health Insurance Portability and Accountability Act of 1996.

I DO hereby **CONSENT** to participation in the ECG screen on behalf of my minor child. **This a free screening provided by Jayton-Girard ISD and the Cody Stephens Go Big Or Go Home generous donors.**

I DO NOT consent to participation in the ECG screen on behalf of my minor child.

\_\_\_\_\_  
Child's Name Printed

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Name Printed

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Parent/Guardian E-Mail address (Please print)

\_\_\_\_\_  
Parent/Guardian Phone #

### Participant Information

Student Last Name: \_\_\_\_\_ Student First Name: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Race: \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

Weight: \_\_\_\_\_ Height: \_\_\_\_\_ Sport: \_\_\_\_\_ Grade: \_\_\_\_\_

Student Cardiac History (if any): \_\_\_\_\_

Family Cardiac History (if any): \_\_\_\_\_

Does student currently take any of the following medication? (Mark all that apply):

ADD/ADHD \_\_\_\_\_ Asthma medication/inhaler \_\_\_\_\_ Heart-related \_\_\_\_\_ Seizure \_\_\_\_\_

For more information about Cody's story, the foundation formed in his name, or heart screening in general, see [www.codystephensfoundation.org](http://www.codystephensfoundation.org)

Thank you for participating in this important heart screening!





## **ELECTROCARDIOGRAM CONSENT FORM AND RELEASE OF LIABILITY**

During the screening, you will be asked the following questions. Please be sure to ask the screening staff or volunteers if you have any questions or concerns about answering them.

- Have you ever experienced chest pain or discomfort with exercise?
- Have you ever passed out or nearly passed out?
- Have you ever had excessive shortness of breath or fatigue with exercise?
- Have you been told you have a heart murmur?
- Have you had high blood pressure?
- Does anyone in your family have genetic or heart arrhythmia problems?
- Has anyone in your family under the age of 50 died suddenly or unexpectedly from heart disease?
- Has anyone in your family under the age of 50 been disabled from heart disease?
- Have you had a prior restriction from participation in sports because of your heart?
- Have you had a physician order a heart test for you?