

Prevent Fatal Cardiac Arrest in Youth **FREE Heart Screening** for ages 12 to 19

Provided by the Eric Paredes Save A Life Foundation and a medical team led by Scripps cardiologist Dr. John Rogers MD

Every year thousands of our kids die when their heart suddenly and unexpectedly stops beating. Known as Sudden Cardiac Arrest (SCA), this syndrome can happen without symptoms or warning signs. San Diego alone loses three to five teens annually.

It's not a heart attack. SCA is an abnormality in the heart's electrical system that can be detected with a simple EKG. But *EKGs are NOT a part of an annual well-child exam or pre-participation sports physical.*

The screening is *completely non-invasive (no needles or x-ray exposure)*, painless and takes about a half hour to complete a health history, EKG and echocardiogram if indicated. You are notified of the results for follow-up with your own family doctor.

The biggest misconception about SCA is that it won't happen to your child. But SCA is the **#2 cause of death in the U.S. for youth under 25. And, it is the #1 killer of student athletes.**
Register today at EPSaveALife.org

IT TAKES
LESS THAN 30
MINUTES!

2015 Free Screening Events

Open to all youth age 12 to 19

Jan 25	Rancho Buena Vista High School, Vista
March 8	Chula Vista High School
May 3	Madison High School, Clairemont Mesa
June 14	Ranch Bernardo High School
Sept 27	Hoover High School, San Diego
Nov 8	Francis Parker School, Linda Vista

EP Save A Life has screened

13,830

teens throughout San Diego County

298 had undetected heart abnormalities

135 were at risk for Sudden Cardiac Arrest

23 free heart screening events since 2010

1 IN 100 teens screened will be at risk

Please download the screening packet from the registration page, complete and bring with you to the event.



About Eric Paredes Eric was a healthy Steele Canyon High School sophomore athlete who died suddenly and unexpectedly from Sudden Cardiac Arrest (SCA) in 2009. His parents, Hector and Rhina Paredes, established EP Save A Life Foundation to honor Eric through their commitment to prevent this tragedy from reoccurring. Eric's foundation provides free screenings to youth to identify cardiac anomalies that may lead to SCA, with the ultimate goal of standardizing cardiac screenings among our youth. A 501(c)(3) nonprofit organization.