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## Young Hearts for Life Cardiac Screening Program



Young Hearts for Life Cardiac Screening Program provides free electrocardiograms (ECGs) to high school students to help identify those who may be at risk for sudden cardiac death.

December 2011

We are truly fortunate to be living and working in communities with a dedication to the mission of reducing the incidence of sudden cardiac death in our young adults. It is a wonderful feeling to know that, together, we are doing something positive about it.

As most of you are already aware, it is because of the efforts put into the Young Hearts for Life Cardiac Screening Program, that thousands of families each year receive information to benefit the heart health of their sons and/or daughters. During this busy time of the year, we did not want to miss the opportunity to communicate our appreciation!

We have had a fabulous fall season. We were so busy in November and in December that we are still, in fact, finalizing the result communication to the families in District 203 who had a record breaking number of students participate in the screening events at both Naperville North and Naperville Central High Schools.

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### Clinical Corner

In addition to screening students, we are also working on getting the word out about the success of the Young Hearts for Life Cardiac Screening Program. Good news, this year, in particular, others are interested!

#### October, 2011

### A glance at the YH4L fall schedule just completed...

- Benedictine University
- St. Charles East HS
- Wheaton Warrenville South HS
- Glenbard North HS
- Rockford Christian HS, Swedish American Team
- Boylan Catholic HS, Swedish American Team
- Naperville North HS
- Lyons Township HS, South Campus
- Lyons Township HS, North Campus
- Swedish American Hospital, Rockford
- Swedish American Hospital, Belvidere
- Naperville Central HS
- Butler Jr. HS

Dr. Joseph C. Marek was a guest speaker at the **CRY (Cardiac Risk in the Young) 6th International Conference in London, UK.**

**February, 2012**

Dr. Joseph C. Marek was invited to attend a **Summit on ECG Interpretation in Athletes** as one of the key physician leaders in ECG interpretation. The summit is sponsored by the American Medical Society for Sports Medicine (AMSSM) in partnership with the European Society of Cardiology Sports Cardiology Subsection, the British Journal of Sports Medicine.

**April, 2012**

Dr. Joseph C. Marek will provide an ECG Interpretation Workshop at the **2012 AMSSM (American Medical Society for Sports Medicine) 21st Annual Meeting** in Atlanta, Georgia.

Here are links to related articles that you also might find interesting:

[Heart Screening Effectively Identifies HS Students](#)

[Student Athlete Deaths Tragic & Preventable](#)

[Few Doctors Follow Cardiac Death Screening Guidelines](#)

**Midwest Heart Foundation's  
5th Annual Heart-to-Heart Event,  
October 27, 2011**

Over 400 friends and supporters joined us for a fun evening at The Hyatt Lodge in Oakbrook.



Music was provided by "This End Up."

[Click here](#) to hear the **testimonials** shared this evening that we believe will touch your heart as they did ours. We know that we are on track and will continue with our mission.

And, let's not forget, our volunteers continue to help us make the difference!



**Together**

**Everyone**

**Achieves**

**More!**

**Memories of Loved  
Ones...  
Making a Difference...**

A special thanks to our families who are honoring a loved one through [memorial fund contributions.](#)

**The Eileen McMahon  
YH4L Memorial Fund**

helped with the recent screening events at Lyons Township High School, South Campus, Lyons Township High School, North Campus, and Butler Junior High School.

We are blessed with opportunity to work with several other families who are helping to sponsor screening events coming up this spring. Stay tuned for more details in our next newsletter.



**Click here**

## Students Called to Action

We are sponsoring our first **Student Video Contest**.

We need help from our students to develop an effective **3 minute video clip** that could be used as a communication tool for the YH4L Program.

Objectives:

- help upcoming high schools get the word out about ECG screenings to their students and their parents/guardians.
- help students understand the importance of ECG screening.
- help students realize that the process is quick, simple, and painless.

**Grand Prize: \$500.00**

**Deadline for Submission: April 15, 2012.**

- You can help us make a difference in someone's life!
- Please do not hesitate to contact us with any questions, (630)785-4366.
- This information will also be distributed to the schools in January, 2012.

**to give a holiday donation.**

\$100 will help 10 students receive a free ECG screening in 2012.

### Quick Links

**Midwest Heart Foundation**

**Project ADAM**

## Up Next



Here are the upcoming YH4L screening events planned for the 2nd half of this academic school year:

### **January 13, 2012: Montini**

12w070 16th Street Lombard, IL

### **February 9, 2012: Plainfield North**

12005 S. 248th Av., Plainfield, IL

### **February 16 & 17, 2012: Glenbard West**

670 Crescent Blvd., Glen Ellyn, IL.

### **March 1, 2012: Lemont**

800 Porter St., Lemont, IL.

### **April 12 & 13, 2012: Bartlett**

701 W. Schick Rd., Bartlett, IL.

### **April 20, 2012: Lisle Senior**

1800 Short Street, Lisle, IL

Spring dates are also presently being finalized for Geneva High School and Mother McAuley Liberal Arts High School. We will then have achieved our maximum capacity and will begin coordinating events for the following school year.

Please [click here](#) if you are able to join us as a volunteer at one or more of the above events or if you would be interested in helping us in the office.

Wishing you nothing but the best this holiday season!

Sincerely,



Johneen Davis,  
Program Director,  
Young Hearts for Life,  
Midwest Heart Foundation

**Midwest Heart Foundation**

was established in 1988 as a 501(c) 3 non-profit organization dedicated to improving the prevention and management of cardiovascular and related diseases through research, education and community leadership.

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Midwest Heart Specialists

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