



Young Hearts For Life

The 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.



Thankful For An Eventful Year

November 2010

Greetings,

I am thrilled to send you the Fall news from the Young Hearts for Life Cardiac Screening Program. We are literally all over the map now with a community outreach extending north to Rockford with the Swedish American team, west to St. Charles, south to Burbank, and east to Chicago. Each year we strive to screen more students than the previous year. So far, we are right on track.

Highlighted are some of our accomplishments since our last newsletter inclusive of:

- an abstract acceptance and presentation in Vancouver, Canada.
- the introduction of webinars for physicians interested in interpreting ECGs in young adults.
- the initiation of a college screening pilot at Benedictine University.
- screenings in September at Chicago Hope Academy, Reavis High School.
- screenings in October at Glenbard South/East High Schools, Barrington High School as well as the 4th Annual Heart to Heart event.
- November screenings at Proviso West High School and St. Charles North High School along with the start of an IRB approved research study (CARES).

Please read on to get a quick glance at YH4L news, local news, national news, as well as information about the new 2010 AHA Guidelines for CPR.

A Fall of Milestones

Inspiring Thought

50,000th Student Screened

YH4L provided its 50,000th ECG screening in October. YH4L is the first program of its kind and the only program in the country to provide widespread screenings. The right column highlights just a few of our news articles.

College Pilot Program

YH4L started a pilot program with Benedictine University this fall. With the help of Regina Schuman, MS, RCEP, CPA and student volunteers from the Master of Science in Clinical Exercise Physiology program, Benedictine soccer and basketball athletes received ECG screenings free of charge. Dr. Marek hopes to continue working with Benedictine and extend the program to other area colleges.

ECG Screening Sessions Open to the Public

Dr. Brin and the team at Swedish American Holistic Health Services have begun offering free ECG screenings for high school students at the hospital. These sessions are open to the public. For more information, please contact Ann Sammons, 815-961-2030, extension 2894.

The Swedish American team is also providing the YH4L screenings to the students at Belvidere and Belvidere North High Schools in February, 2011.

Research Study

The CARdiac Evaluation after ECG Screening (CARES) research study has begun. Joseph C. Marek, MD, Frank Zimmerman, MD, Apoor Gami, MD, Johnneen Davis, RN, Kathy Marek, RN, and Karen Larimer, MSN, PhD(c) will focus on the follow up care provided to adolescents with potentially clinically significant ECGs who participate in a school based screening program.

YHFL dictates that follow up of abnormal ECGs is to be done by the students' personal physician. Consequently we do not know how often they seek the recommended follow up or the final diagnosis resulting from the evaluation. In order to fill the gaps in the literature this study will attempt to determine the follow up on the abnormal ECGs.

For more information, please contact Midwest Heart Foundation, 630-932-2165, Press 3.



Kudos to our dedicated team members....

New instructors: Kim Farrell, Debbie Marzalek, Penny Bournas, Pat Raucci.

"Your spark can become a
flame
and change everything"

Edgar Daniel Nixon

Quick Links

YH4L News

[St. Charles Teens Screen For Heart Health](#)

[Windows to the Heart](#)

[Barrington High School Students Screened](#)

[Screenings Saving Lives](#)

[Suburban High Schools Giving Screenings](#)

[Protecting High Schoolers in Rockford](#)

[Pilot Program with Benedictine](#)

Local News

[Bradley Baseball Player Dies of Heart Problem](#)

[Mount Carmel student dies after collapsing](#)

National News

[The Butler Did It: A Mother's crusade](#)

[Florida Hospital Offering ECG Screening](#)

[Parent Heart Watch](#)

More About Us

[Midwest Heart Foundation](#)

[Project ADAM](#)
[Project ADAM News](#)

[New 2010 AHA Guidelines for CPR](#)

Interns: Samantha Schneider, Anne Murphy.

Returning instructors, school teams, screening volunteers, and data teams.

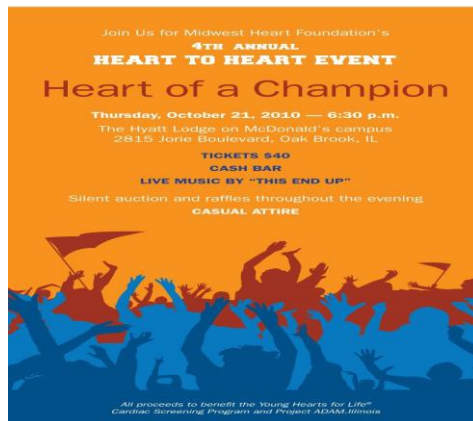
College students/faculty: College of Du Page, Benedictine University, University of Illinois, Sanford Brown College, Elmhurst College, Northern Illinois University.



Three cheers to Chris Rambke & committee volunteers....

The 4th Annual Heart to Heart, Heart of a Champion, was a success!

HELP SAVE A CHILD'S LIFE



The \$68,000 dollars raised will go directly to enhancing YH4L communication tools to increase the awareness of the issue of sudden cardiac death in young adults, adding another ECG machine to the program, supporting the new research project, and completing phase two enhancements for the online registration process.

The \$130.97 dollars received from our iGive champions will provide approximately 13 students with an ECG screening.

Special thanks.....

to our sponsors
thus far this year
for supporting the
scheduled high
school screenings

2010-2011

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Inspiring medicine. Changing lives

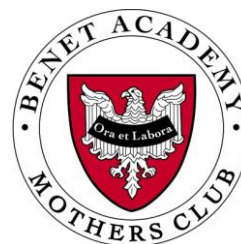
Click [here](#) to begin your holiday shopping through iGive.



**International Academy of Cardiology
15th World Congress on Heart Disease
Vancouver, Canada**

J.C. Marek, J. Davis, V. Bufalino, and K. Marek reported on large scale community ECG screenings of young adults at the International Academy of Cardiology's 15th World Congress on Heart Disease. Screenings can be performed efficiently and with cost savings by using community volunteers.

[Report of Our Experience](#)



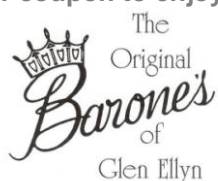
Opportunities Not to Miss....

Click [here](#) to see our upcoming calendar.

In December, you will be able to hear Dr. Marek speak about the Young Hearts for Life Cardiac Screening Program at Cardiology Update, 2010 in Oakbrook or at the Emergency Cardiovascular Care Update (ECCU) in San Diego.

In January, he is a guest speaker at the national Parent Heart Watch meeting and will be providing a physician webinar entitled, "Interpreting Screening ECGs in Young Adults."

Do not miss the below coupon to enjoy a special treat.



continues to support those who support YH4L.

Happy Holidays!

John Davis

YH4L Program Director,
Midwest Heart Foundation
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(630) 310-2136

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