



**NEWS RELEASE
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A Low Cost Heart Screening Model That Identifies Students at Risk for Sudden Cardiac Death

Oakbrook Terrace, Illinois (April 5, 2011) – Recent reports of unexpected deaths of several high school students across the country have brought attention to the issue of sudden cardiac death in young adults.

In Italy, screening young athletes using a simple electrocardiogram (ECG) lead to an 89% reduction in the incidence of sudden cardiac death among their young athletes. Despite these findings, one of the criticisms of doing these screenings in the United States to prevent these deaths is that it would be too costly.

Last weekend at the 2011 national meeting of the American College of Cardiology in New Orleans, Dr. Joseph Marek presented a study showing that screening high school students for cardiac conditions which can cause sudden death can be done at a low cost.

Dr. Joseph Marek, cardiologist with Midwest Heart Specialists and Medical Director of Midwest Heart Foundation's Young Hearts for Life® Cardiac Screening Program has developed a cost effective screening model to identify young adults at risk for sudden cardiac death. "Large scale screenings often mean high costs and low efficiency. The unique but critical feature of the Young Hearts for Life® Program is our training and utilization of community volunteers," said Dr. Marek. "This staffing model allows for mass screening at low costs."

Dr. Marek has been screening high school students in the Chicago area since 2006. He utilizes the model he developed to screen students for \$15-20 per student. Through the Young Hearts for Life program, over 56,000 students have been screened for conditions which cause sudden death. This makes it the largest program in the country. After several years of screening this large volume of students, Dr. Marek has demonstrated that large scale ECG screening is not only feasible, but can be done at a reasonable cost.

About Midwest Heart Foundation

Midwest Heart Foundation is a 501(c)(3) public charity organization committed to improving cardiovascular health through education, screening, research and community leadership.

One of our primary initiatives is identifying and preventing the loss of life from Sudden Cardiac Arrest, a leading cause of death in the U.S. Our programs are designed to educate, screen for risks and help increase survival rates through improved access to life saving resources.

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