



FREE Teen Heart Screening

August 2, 2025

9:00 a.m. – 1:00 p.m.

at Midland Memorial Hospital

Heart Matters

DID YOU KNOW?

- 20 minutes is the time it takes to conduct a heart screening.
- Any active teen, ages 14-18, is eligible for our screening, not just athletes.
- CHF screenings are free, a comparable screening in a cardiologist's office would cost approximately \$700.
- 1 in 250 high school students is at risk of a serious cardiac condition known to cause Sudden Cardiac Death.
- Standard sports physical examinations do not include cardiac screenings with ECG and limited ECHO.

BASIC INFORMATION

- Championship Hearts screens students, ages 14-18, for Hypertrophic Cardiomyopathy (HCM). Generally, one screening after age 15 is sufficient, unless cardiac symptoms are present.
- HCM causes a thickening of the heart wall, and can lead to obstruction of blood flow and an erratic heartbeat.
- HCM typically does not present any symptoms.
- HCM is the leading cause of sudden cardiac death in young people. HCM affects roughly 1 in 500 people.
- Other conditions known to cause sudden cardiac arrest are also detected through this free screening.

Cardiovascular disease is the second leading medical cause of death in children and adolescents in the United States. In the United States alone, one young competitive athlete dies every three days from an unrecognized cardiovascular disorder.* * www.parentheartwatch.org*



Sign up online at:
www.ChampHearts.org or
use the QR Code

