

# Heart Screening for Athletes



**Sudden cardiac death can happen in young athletes with no previous symptoms of heart problems.**

It's important to know the facts:

- One in 100 people are born with a congenital cardiac abnormality.
- One in 500 people have a condition known as hypertrophic cardiomyopathy, the most common cause of sudden cardiac death in young athletes in the United States.
- On average, an athlete dies from sudden cardiac death every three days in the United States.
- A routine preparticipation physical exam is not likely to detect these conditions.
- Most of these issues can be detected with an appropriate cardiac screening.

Electrocardiograms and echocardiograms are easy and safe tests used to identify heart issues before they manifest. These tests, performed and interpreted by experts at The Christ Hospital, are a life-saving resource now easily accessible throughout the Tristate.

**To schedule an appointment, call 513-585-2668.**

To learn about designated dates and times that are available for teams and clubs contact [jclarke@beaconortho.com](mailto:jclarke@beaconortho.com) for more information.

## HEART SCREENING FOR ATHLETES

- Recommended for athletes ages 14 – 40
- Available for \$75. (A savings up to \$2,000.)
- Includes two non-invasive, painless tests:
  - Echocardiogram (Echo) and
  - Electrocardiogram (EKG)
- Takes approximately 30 minutes
- Available at The Christ Hospital Testing Centers located in several communities throughout the Tristate.

**For additional information** regarding heart screenings for athletes, please contact Kathy Ziegler at [kathryn.ziegler@thechristhospital.com](mailto:kathryn.ziegler@thechristhospital.com)



Comprehensive and Quality Care for the Student Athlete and Community



[TheChristHospital.com/Screening](http://TheChristHospital.com/Screening)