



# SEAHAWKS HOSTING EKG YOUTH HEART SCREENINGS

**SIGN-UP FOR FREE EKG YOUTH HEART SCREENING**

**DATE:** MARCH 16, 2024 // **TIME:** 7:30AM - 3:30PM

**LOCATION:** VIRGINIA MASON ATHLETIC CENTER  
(12 SEAHAWKS WAY, RENTON WA 98056)

### *Why a Youth EKG Heart Screening is important?*

**Sudden cardiac arrest is the leading cause of death in exercising young athletes.**

The best way to detect the types of heart conditions that could potentially cause sudden cardiac arrest, is through a heart screening that includes a comprehensive family health history, electrocardiogram (EKG), and may also include an echocardiogram (ECHO) using testing criteria developed especially for young hearts.

### **Youth Heart Screening is open to any youth ages 12-24 years and consists of:**

A heart health survey investigating signs and symptoms/family history of a cardiac condition, blood pressure and physical exam, and EKG. An on-site echocardiogram is conducted in cases with a positive finding on history, physical exam, or ECG. Follow up support is available if needed.

**Preregistration is required at:** <http://bit.ly/NoTFEKGAppt>



FOR MORE INFORMATION CONTACT NICK OF TIME FOUNDATION AT 425-967-5828 OR [INFO@NICKOFTIMEFOUNDATION.ORG](mailto:INFO@NICKOFTIMEFOUNDATION.ORG)

