



Young Hearts for Life® (YH4L) is coming to Lockport Township High School to offer a **free** heart screening called an electrocardiogram (ECG) to students (sophomores, juniors and seniors). A lot of time, effort, and resources are put forth by all when planning and executing this event; we are grateful for your collaboration! **Our goal is to screen as many students as possible and with your help we can do that!** We are looking for **200+ volunteers** to help offer this potentially life saving screening to our students! So please tell your friends about this opportunity! We need lots and lots of helping hands.

As you read through this letter, you will learn what to expect when you sign-up to volunteer to help Young Hearts for Life at LTHSEast Campus.

Signing Up to Volunteer:

We need everyone, 18 years and older, to sign-up to volunteer. Young Hearts uses sign-up.com to register all the volunteers. You will need your driver's license to complete this registration. (All volunteers will need to be screened to be eligible to be in our school building.) Volunteers need to register for a training (or refresher) session, as well as a shift they would like to work the day of the screening.

- **Training Sessions for Volunteers - Wednesday, September 7th - 2 sessions offered**
 - 5:30 p.m. – 7:00 p.m., with refresher from 5:30 p.m. – 6:00 p.m.
 - 7:00 p.m. – 8:30 p.m., with refresher from 7:00 p.m. – 7:30 p.m.
- **Volunteer Shifts for Thursday, September 8th:**
 - All day - **7:10 a.m. – 2:45 p.m.**
 - AM Shift - **7:10 a.m. – 11:15 a.m.**
 - PM Shift - **10:35 a.m. – 2:45 p.m.**

After signing up you will receive email updates from Young Hearts for Life. To sign up, visit the link at <https://signup.com/go/rtVMaTt>

What to expect as a Volunteer:

We will provide you with lots of details as we get closer and closer to the event, but here are a few things to note. If you are volunteering for an all day shift, we will provide you with lunch that day. There are numerous things for people to do on the day of screening - you can pick what is best for you! **Volunteers' jobs** at screening - registration (primary & secondary), applying stickies, entering data, attaching ECG leads, and traffic (directing students where to go). One -two weeks after our screening you will receive another email sharing how many students were screened and how many abnormal ECGs were found - so you will know exactly how many lives you helped and likely changed that day!

Thank you for considering helping LTHS bring this important event to our students! **We couldn't do this without you!** If you have any questions, please feel to contact me at 815-588-8126 or via email at aadolf@lths.org.

Thank you again and again!

Angela Adolf
Director of Development at LTHS



Dear Friends,

We are pleased to bring the Young Hearts for Life® (YH4L) Cardiac Screening Program to **Lockport HS – East Campus on Thursday, September 8, 2022**. All students whose parents authorize them to be tested will be screened. **Please be aware that repeat ECG testing is recommended every two (2) years.**

YH4L will provide this **Free** heart screening called an electrocardiogram (ECG) to identify high school students at risk for sudden cardiac death and to increase the public's awareness of this issue. To date over 280,000 students have been screened as a result of YH4L. More information about the screening can be found on the YH4L website (www.yh4l.org).

A simple ECG, when used to screen young adults can detect certain serious heart conditions. Recording the electrical activity of the heart using electrodes attached to the skin with a mild adhesive, can detect approximately **70%** of the abnormalities or “markers” from these heart conditions that are associated with sudden cardiac death that a stethoscope cannot. **Please note that ECG screenings result in less than 2% of the tests being falsely positive. This may require additional evaluation and testing by your physician. We believe that the benefit of this potentially lifesaving screening outweighs this concern.**

We encourage you to discuss this screening with your child. Your child’s participation in the screening is your decision. We want to assure you that students’ confidentiality, privacy and individual modesty will be respected throughout all aspects of the program. Only female technicians will test girls and they will be screened in an area separate from boys.

The Young Hearts For Life® Cardiac Screening is being provided to your students by the **LTHS Foundation and Just1Mike**. To learn more about other programs offered by YH4L and to register your child for this lifesaving screening, please visit our website at <http://www.yh4l.org/>. If you have questions, please contact us at 630-785-4366.

Sincerely,

A handwritten signature in black ink, appearing to read "J. Marek".

Joseph Marek, MD
Founder & Medical Director, Young Hearts for Life® Cardiac Screening Program
Cardiologist, Advocate Medical Group



Young Hearts for Life

The *Young Hearts for Life* (YH4L) Cardiac Screening Program identifies high school and college students at risk for sudden cardiac death. Each week sudden cardiac death claims the lives of more than 60 young adults in the United States.

Cardiovascular disease is the leading cause of death in the United States and in Illinois. YH4L, under the guidance of Dr. Joseph Marek, a clinical cardiologist, seeks to detect young adults at risk for sudden cardiac death, and increase community awareness of this devastating problem. YH4L does this by providing **FREE** ECGs that can identify those heart conditions that can cause sudden death.

A number of cardiac conditions can result in sudden death. An electrocardiogram (ECG) can detect certain impulse patterns or “markers” associated with these conditions that a stethoscope cannot. HCM (hypertrophic cardiomyopathy), WPW (Wolff-Parkinson-White Syndrome), Long QT Syndrome, ARVD (arrhythmogenic right ventricular dysplasia) and Brugada Syndrome are the most common cardiac conditions causing sudden death that can be detected by ECG.

In 2004, the International Olympic Committee and the European Society of Cardiology recommended that athletes under the age of 35 be screened with an ECG **every 2 years** before participation in sports. Medical experts in the U.S. have not adopted the European recommendations for ECG testing, as a result there are no routine screening programs for these conditions in the U.S.

YH4L, by working with area high schools and colleges, offers ECG testing to all students *free-of-charge*. To date, over 280,000 students have been screened and hundreds of young adults have been identified with previously unsuspected, life threatening, cardiac conditions.

Screening consists of a quick, simple, painless ECG. Volunteers attach electrodes to the students’ chest and limbs in preparation for the ECG. The ECG machine monitors the electrical activity of the heart and prints out the information about heart rate and rhythm. A trained cardiologist then interprets the printed ECG. The false abnormal rate for our program is less than 2%. This rate is better than the false abnormal rate for most other screenings in healthcare.

For more information, visit our website at www.YH4L.org Young Hearts for life is a 501C3 tax exempt organization.

“.... To save one life, is as if you have saved the world.”



Young Hearts for Life® (YH4L) se complace en ofrecer estudiantes (de segundo, tercero y último año) de **Lockport Township High School- EAST Campus**, un examen de electrocardiograma (ECG) gratuito que salvará vidas el **jueves 8 de septiembre de 2022**. Todos en LTHS invertimos mucho tiempo, esfuerzo y recursos en la planificación y ejecución de este evento y de antemano estamos agradecidos por su colaboración! **¡Nuestro objetivo es evaluar a estudiantes como sea posible y con su ayuda podemos hacerlo!** ¡Estamos buscando más de 200 voluntarios para ayudar a ofrecer este examen que puede salvarles la vida a nuestros estudiantes! ¡Les agradecemos de antemano que compartan esta información y oportunidad a sus amistades y familia!

La siguiente información será como inscribirse como voluntario para ayudar al evento de YH4L en LTHS East Campus.

Inscripción para ser voluntario:

Necesitamos que todos, mayor de 18 años, se inscriban para ser voluntarios. Young Hearts usa sign-up.com para registrar a todos los voluntarios. Necesitará su licencia de conducir para completar este registro. (Todos los voluntarios deberán ser evaluados para ser elegibles para estar en nuestro edificio escolar). Los voluntarios deben

registrarse para una sesión de capacitación (o actualización), los horarios siguientes estarán disponibles para así como un turno en el que les gustaría trabajar el día de la evaluación.

- **Sesiones de Capacitación - Se ofrecen 2 sesiones para el miércoles 7 de septiembre**
5: 30 p.m. a 7:00 p.m., con repaso de 5:30 p.m. a 6:00 p.m.
7:00 p.m. a 8:30 p.m., con repaso de 7:00 p.m. a 7:30 p.m.
- **Turnos de Voluntarios para el jueves 8 de septiembre:**
Todo el día **7:10 a.m. - 2:45 p.m.**
Turno de A.M. **7:10 a.m. - 11:15 a.m.**
Turno de P.M. **10:35 a.m. - 2:45 p.m.**

Después de registrarse, recibirá actualizaciones por correo electrónico de YH4L. A continuación se muestra el enlace para registrarse: <https://signup.com/go/rtVMaTt>

¿Qué esperar como voluntario?:

En LTHS le proporcionaremos muchos detalles a medida que nos acerquemos más y más al evento, pero aquí hay algunas cosas a tener en cuenta. Si se ofrece como voluntario para un turno de todo el día, le proporcionaremos el

almuerzo ese día. Hay numerosas cosas que las personas pueden hacer el día de la proyección:

¡Usted puede elegir lo que sea mejor para usted!

Los trabajos de los voluntarios en la selección: registro (primario y secundario), aplicación de notas adhesivas, ingreso de datos, tráfico (dirigir a los estudiantes a dónde ir) y más. Una o dos semanas después de nuestra evaluación,

recibirá otro correo electrónico que le informará cuántos estudiantes fueron evaluados y cuántos ECG anormales se encontraron, ¡Para que sepa exactamente cuántas vidas ayudó y probablemente cambió ese día!

¡Gracias por considerar ayudar a LTHS a llevar este importante evento a nuestros estudiantes! ¡No podríamos hacer

esto sin usted! Si tiene alguna pregunta, me pueden contactar al 815-588-8122 y disponible por correo electrónico a

jcastillo@lths.org.

Gracias nuevamente por tomarse su tiempo para ser voluntario para el beneficio de los estudiantes del Distrito 205.

¡Esperamos trabajar con usted!

Atentamente,

Jeannette Castillo
Directora de Relaciones Públicas
Lockport Township High School Distrito 205
815-588-8122
jcastillo@lths.org