



# Get your Heart Screened

## Athletes Need to Test Their Heart Health

You work really hard to be the best athlete possible. Make sure your heart is healthy enough to work as hard as you do. The non-profit group Who We Play For will be screening hearts at Example School, so be sure to participate.

### ECGs are Effective

ECGs are the best-performing screening tool with greater accuracy.<sup>1</sup> No matter how well it's done, the standard physical just isn't enough to find issues that could cause sudden cardiac arrest.

### ECGs are Simple

Each ECG screening is completely painless and easy to conduct - it only takes about five minutes per person. Wear comfortable clothes. Men will remove their shirts. Women should wear a regular bra (not a sports bra), which will not need to be removed.

### ECGs are Affordable

It's just \$20. If you went to a doctor's office or clinic, you'd pay \$150 or more.

<sup>1</sup> McKinney, et al, Canadian Journal of Cardiology Volume 33, Issue 1



**Lone Star High Site**  
Memorial, Wakeland, Stafford,  
Trent, Staley, Cobb, Griffin

May 1, 2019  
2pm-5pm

Gym Athletic Training Room @  
Lone Star High  
Visit:

[codystephensfoundation.org](http://codystephensfoundation.org)  
or call (682)747-6459