

For immediate release
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Championship Hearts Foundation Conducts Free Heart Screenings for Young Athletes

Austin – As a community service, Championship Hearts Foundation, an Austin area nonprofit agency, will again offer **free heart screenings** for **student athletes**, ages **14-18**, on Saturday, August 29th, 2009 at Heart Hospital of Austin. **Active students** who engage in athletics, cheerleading, marching band, drill team, or other strenuous sports usually obtain physical examinations from their family doctor prior to participating in those activities, and many take the extra step of getting their heart screened.

This **free event** is made possible by the generous volunteer support of cardiologists from Austin Heart, Children's Cardiology Associates of Austin, Heart & Vascular of Central Texas, as well as the complementary use of facilities at Heart Hospital of Austin.

At this free event, athletes and their parents can also learn about **Automated External Defibrillators (AEDs)** from members of the Foundation-sponsored Medical Explorer Post. This is a free demonstration that could save someone's life!

Over 10,000 students have been screened by Championship Hearts during the last ten years, with approximately 1% of those having been referred for further cardiac testing. The Championship Hearts screening uses a limited, two-dimensional **echocardiogram**, or ultrasound of the heart to detect **Hypertrophic Cardiomyopathy (HCM)**, the leading cause of **sudden death in young athletes**. This two to five minute test is **noninvasive and painless**. Parents are welcome and encouraged to accompany their children during the exam.

Students must have a **signed parental waiver** in order to receive the heart screening. That waiver will be available at the event, or can be found on the Foundation's website:

www.championshipheartsfoundation.org

There is no charge for the screening, however, a (tax deductible) contribution of \$15.00 is appreciated to help defray some of the costs and also to support the work of the Foundation.

Saturday, August 29th, 2009
Heart Hospital of Austin
3801 N. Lamar Blvd., Austin, Texas 78756
8:00 am – 12:00 Noon
(Free Parking in garage behind hospital off West St)

"Death should stay away from young men's games..... it should not impinge its terrible presence on the celebrations of youth, reap its rightful harvest in fields where cheers ring and bands play and banners wave."

-Jim Murray