



Dear Parents/Carers

**CRY HEART SCREENING AT KINGS LANGLEY SCHOOL**  
**FUNDED BY THE DALE BUTLER MEMORIAL FUND**  
**Saturday 19 & Sunday 20 November 2016**

I am writing to you on behalf of the charity, Cardiac Risk in the Young (CRY), in order to let you know about a cardiac screening programme for people aged 14-35 years old that will be carried out at Kings Langley School on the above dates. This programme has only been made possible thanks to the continued fundraising efforts of the Butler family and their friends,

CRY's mission is to identify those that are at risk from sudden cardiac death. Sudden Death Syndrome is an umbrella term used for the many different types of cardiac arrest in young people. These conditions include the thickening or abnormal structure of the heart and irregularities of the impulses that upset the natural rhythm of the heart. Sporty youngsters stress their heart the most. If they have an underlying cardiac abnormality, they are more likely to be at risk. It is important to stress that exercise is NOT bad for you and sport itself does not lead to cardiac arrest, but it can act as a trigger for a young person to die suddenly by exacerbating an undetected condition.

At a screening, your son / daughter will receive an Electrocardiogram (ECG) that examines the electrical activity of the heart and if required an echocardiogram (ECHO) and physical examination. It is a non-invasive, painless procedure that will take no more than 10 minutes to complete and is performed by qualified cardiac physiologists. The ECG results will be examined and some individuals will be required to undertake a follow-up echocardiogram (ECHO). This is an ultrasound scan of the heart that looks at its size, structure and blood flow. All results suggesting an abnormality will then be sent to CRY's consultant cardiologist Professor Sanjay Sharma, a leading expert on inherited cardiac conditions.

Places are limited so if you would like to book screening for your child/children, please complete the following steps, you will also be asked to complete your son/daughter's personal and GP contact details online so that CRY are able to write to you with the results and inform the GP if further tests are required.

1. Go to: [www.testmyheart.org](http://www.testmyheart.org)
2. Click on 'PRIVATE SCREENINGS' on the top of the page
3. Click on 'Kings Langley School' 19<sup>th</sup> & 20<sup>th</sup> November 2016
4. It will then ask you to type in a password. The password is 'Lang 2016' (Note: first letter is capital)  
**PLEASE DO NOT GIVE OUT THIS PASSWORD AS THIS IS A PRIVATE SCREENING**
5. Click on 'Places Available'
6. Please choose a time and complete all relevant fields and then click "book"
7. You will receive a pending email, which means the appointment is booked, and nearer the time you will get a confirmation email, this has a medical questionnaire and consent form at the bottom of the email, please print off, fill in and take it with you on the day **IT IS VITAL THAT YOU TAKE THE FORMS WITH YOU ON THE DAY AS THEY WILL BE NEEDED FOR ADMIN PURPOSES TO BE RETURNED TO THEIR HEAD OFFICE.**

Many thanks for your support.

Mrs. Jan Wright (on behalf of Mrs Angela Butler)  
Information Advice & Guidance Administrator

If you would like any additional information on screening you can watch a video of CRY Patron David Walliams being tested at [www.c-r-y.org.uk/philips.htm](http://www.c-r-y.org.uk/philips.htm). Alternatively, please go to [www.c-r-y.org.uk](http://www.c-r-y.org.uk) or contact a member of the CRY screening team on 01737 363222.