



awareness, support, screening and research

01737 363222 cry@c-r-y.org.uk www.c-r-y.org.uk

April 2017

Our Ref: JW/DT.508

Dear Parents/Guardians,

RE: CRY CARDIAC TESTING: GIPPING VALLEY SKILLS CENTRE, ONEHOUSE ROAD, STOWMARKET, IP14 1QS

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**, which will be held at Gipping Valley Skills Centre on 1<sup>st</sup> and 2<sup>nd</sup> July 2017.

This screening is being funded by the Lily Webster Memorial Fund and is therefore free of charge.

CRY's mission is to identify those that are at risk from sudden cardiac death. Sudden death syndrome is an umbrella term for the many different causes of young sudden cardiac death. These conditions include thickening of the heart muscle or an abnormal structure of the heart, and irregularities of the impulses that control the rhythm of the heart. Youngsters involved in sport, in particular, stress their heart the most and if they have an underlying cardiac abnormality, they are more likely to be at risk. It is important to emphasise that exercise is **NOT** harmful and sport itself does not cause cardiac arrest, but can exacerbate 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, as well as a physical examination. The ECG is a simple, non-invasive and painless test that will only take a few minutes to complete and is performed by qualified cardiac physiologists.

The ECG results will be examined by a doctor in conjunction with a personal and family history questionnaire, and if a more detailed picture is needed some individuals will be required to undertake a follow-up echocardiogram. This is an ultrasound scan of the heart that looks at its size, structure and blood flow and takes about 30 minutes to perform. All results suggesting an abnormality will then be sent to CRY Consultant Cardiologist Professor Sanjay Sharma, a leading expert on inherited cardiac conditions.

If you would like to have your son/daughter tested you should complete the following:

Please go to [www.testmyheart.org.uk](http://www.testmyheart.org.uk)

1. At the top of the page is the header "Book Appointment", click on this link and you will see Gipping Valley Skills listed for the 1<sup>st</sup> and 2<sup>nd</sup> July 2017.
2. Click on the name and then click on the "Places Available" link and choose a time slot.
3. Fill in the required details and then click book.
4. **You will receive a pending email which means the appointment is booked (please check your junk email folder if you do not receive this in your inbox). Nearer the time of the screening you will be sent a confirmation email; this will include a medical questionnaire and consent form. Please download the documents, read carefully, complete the required information and take them with you on the day.**

If you would like any additional information about cardiac screening please visit [www.c-r-y.org.uk/cardiac-screening](http://www.c-r-y.org.uk/cardiac-screening). Alternatively, please contact a member of the CRY screening team on [screening@c-r-y.org.uk](mailto:screening@c-r-y.org.uk) or call 020 3691 0000.

Yours faithfully,

Dr Steven Cox  
Chief Executive  
Cardiac Risk in the Young



# Cardiac Risk in the Young

Registered Charity: 1050845

Every week in the UK  
at least 12 apparently  
**fit and healthy**  
**young people** die of  
undiagnosed heart  
conditions

## Free heart test

For anyone aged 14 - 35

To book visit [www.testmyheart.org.uk](http://www.testmyheart.org.uk)  
or call CRY on **0203 691 0000**

### Date:

**1st & 2nd July 2017**

### Location:

Gipping Valley  
Skills Centre  
Onehouse Road  
Stowmarket  
IP14 1QS

Every  
young person  
**should** have the  
**choice** to have  
their **heart**  
checked



These screenings  
have been funded  
in memory of  
**Lily Webster**



Offering **help**  
and **support** to  
affected families



CardiacRiskintheYoung

[www.c-r-y.org.uk](http://www.c-r-y.org.uk)

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