



CENTER FOR SPORTS CARDIOLOGY

OVERLAKE

CARDIAC SCREENING

Overlake is partnered with the UW Medicine Center for Sports Cardiology to complete baseline Electrocardiogram (ECG) cardiac testing to Overlake students. ECG is a simple test that observes heart rhythm and can screen for potentially fatal abnormalities, which could lead to Sudden Cardiac Arrest (SCA).

To register for screening the Student and/or Parent/Guardian will answer a heart history questionnaire before completing a baseline 12 lead ECG. This is a non-invasive test and is performed, in private screened areas by gender, by trained personnel. Data from the screening is sent via HIPAA secure technology and connections to the UW for interpretation by board certified physicians specializing in sports medicine and sport cardiology.

Cost for ECG screening is \$30 (Typically \$50+ in clinic) and will be billed to student accounts. The cost covers the screening test, supplies and interpretation of screening results by the Director of the UW Medicine Center for Sports Cardiology, Dr. Jonathan Drezner. Should the physician identify a potential issue, the family will be contacted directly by Kim Stevens who will share feedback and treatment recommendations provided by Dr. Drezner.

It is recommended that young athletes have ECG screenings completed every 2 years. If students were screened in 2018-19 they do not need to repeat the screen this school year. Screening can be completed after age 12.

Concussion baseline testing also occurs every 2 years, beginning in 7th grade. It is recommended that all new students without ECG or concussion testing complete it prior to the start of their first sports season.

ECG INFORMATION

ECG is a 5 minute test which observes the electrical activity of the heart and can detect a variety of abnormalities and risk factors for Sudden Cardiac Arrest (SCA)

SCA is one of the leading cause of death in youth athletics

Half of SCA causing heart abnormalities can be detected on ECG

PLEASE CONTACT OVERLAKE ATHLETIC TRAINER, KIM STEVENS WITH ANY QUESTIONS OR IF YOU'D LIKE TO VOLUNTEER AT THE SCREENING.

(425) 868-6191 x625

kstevens@overlake.org