



awareness, support, screening and research  
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Dear Parent /Carer,

RE: CRY CARDIAC TESTING AT: **Breadalbane Academy, Crieff Road, Aberfeldy, Perthshire, PH15 2DU on Monday 9th September 2019.**

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 Breadalbane Academy on the Monday 9th September 2019.

This screening is being held in memory of Andrew Murch and Michael Yorston, both former pupils of Breadalbane Academy, 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 passed to CRY Consultant Cardiologist Professor Sanjay Sharma, a leading expert on inherited cardiac conditions.

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

1. Visit [www.testmyheart.org.uk/private/](http://www.testmyheart.org.uk/private/)
2. Find **Breadalbane Academy** listed for the **Monday 9th September 2019**. Click Register.
3. The password for this screening is **Breadalbane2019**
4. Select a time slot and click 'Register Now'.
5. Fill in the required details on the health questionnaire – this will take approximately 15 minutes.
6. **Once the appointment is booked, you will receive a confirmation email; this will include a consent form. Please download the document, read carefully before completing and take it with you on the day.**



Your son/daughter is welcome to bring a family member with them 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 [ecg@c-r-y.org.uk](mailto:ecg@c-r-y.org.uk) or call **020 3691 0000**.

Yours faithfully,

Dr Steven Cox  
Chief Executive  
Cardiac Risk in the Young

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