

Dear New Trier Class of 2025 Parent or Guardian,

We are excited once again to offer EKG screenings during your child's Kinetic Wellness class. **Screening will be offered on Tuesday October 26 and Wednesday, October 27 to all New Trier High School Freshman Students.**

- Screening includes an EKG for all participants and will take place during KW classes. Students will arrive with their class.
- Students selected by the cardiologist who have an irregular EKG will also receive an echocardiogram on 10/27/21 at New Trier for no additional cost.
- Only students with permission, which is granted through the online registration process, will be tested.
- Testing costs are \$20 per student or \$5 per student if your student is on the fee waiver program through the Assistant Principal for Student Operations, Athena Arvanitis.
- Payment is required at time of registration and no refunds will be issued. If your student is not tested, your registration fee will be considered a donation to save other students.

Interesting facts surrounding the reason we offer this service:

- Sudden Cardiac Arrest is the leading cause of adult death in the United States; however, it does not just affect adults. Sudden Cardiac Arrest takes the lives of thousands of children and young adults every year.
- In 2005, Max Schewitz died without warning from a hidden heart condition at 20 years of age. HeartSmart EKG helps find at-risk young adults so they can seek treatment and not share Max's fate.
- HeartSmart EKG has tested almost 95,000 young adults and referred over 900 for additional testing. Over the six years we have tested students at New, Trier, we have referred 41 students for follow up with a cardiologist.
- EKG's are not routinely done on seemingly healthy young adults in our communities. **A painless, simple and non-invasive EKG detects 94% of high-risk individuals** compared to 20% detected by a physician discussing family history or 9% by physical examination.

If you would like for your student to be screened, please register your student(s) TODAY at:

[www.HeartSmartEKG.org](http://www.HeartSmartEKG.org). **Registration will close on Monday, October 25th at NOON. No exceptions or walk-ins will be accepted.**

HeartSmart EKG is provided by the Max Schewitz Foundation.

- Every effort is made to respect privacy and modesty. Testing takes place in private booths. Males and females are tested separately and students do not remove their shirt for EKG testing.
- Cardiologist Eli Lavie, MD oversees all aspects of testing and interpretation.
- Due to COVID-19, we have implemented protocols for the safety of our staff and students. No parent volunteers will be utilized. The Max Schewitz Foundation staff has been fully vaccinated and will be handling testing of all students. All MSF staff and students will be required to wear masks at all times and cleaning protocols will be in place.
- Results are confidential and are shared only with parents within 2 weeks after testing through HeartSmart EKG's online portal. Included in the results will be a copy of the EKG so families have it for future reference.

Please register online today: [www.HeartSmartEKG.org](http://www.HeartSmartEKG.org).

For more information, contact Kathy Aykroid at 847-736-8140 or visit the Foundation's website at [www.HeartSmartEKG.org](http://www.HeartSmartEKG.org).

Warmly,

Gail Gamrath, Northfield Campus Assistant Principal

The Max Schewitz Foundation in partnership with New Trier