



**awareness, support, screening and research**

01737 363222 [cry@c-r-y.org.uk](mailto:cry@c-r-y.org.uk) [www.c-r-y.org.uk](http://www.c-r-y.org.uk)

## **Cardiac Testing**

### **Who are CRY and why is cardiac testing important?**

CRY is a UK charity whose mission is to raise awareness of potentially life-threatening cardiac abnormalities in apparently healthy young people. At least 12 young people aged 14–35 die every week in the UK from undiagnosed cardiac conditions. The majority of these deaths are preventable.

#### **The CRY Screening Programme**



Our tests are able to detect the majority of cardiac abnormalities most likely to affect young people. Before you are tested you should fully read the information provided.

CRY's screening programme is overseen by Professor Sanjay Sharma, Professor of Inherited Cardiovascular Disease and Sports Cardiology at St George's, University of London; Medical Director of the London Marathon; and Consultant Cardiologist for the London Olympics in 2012.

If you have any questions about screening, please visit [www.testmyheart.org/q-a](http://www.testmyheart.org/q-a) which features Professor Sharma's responses to common questions. Alternatively, contact CRY's screening team on 0203 691 000 or at [ecg@c-r-y.org.uk](mailto:ecg@c-r-y.org.uk).

#### **Procedure**

Anyone aged 14–35 can be tested by CRY. Before your arrival, you will need to fill in a personal and family history medical questionnaire and sign a consent form.

An electrocardiogram (or ECG for short) takes 5–10 minutes to perform. You should rest for at least 30 minutes prior to your ECG. After the ECG has taken place it is reviewed by a doctor who is an expert in these conditions. The doctor reviews each individual in conjunction with the personal and family history medical questionnaire. You will be notified of your result on the day by our doctor.

It is advised not to apply body lotions on the morning of the screening.

If you are female, please note that you will be required to either remove or loosen your bra for the ECG (and echocardiogram if required – see below). All CRY staff are DBS checked and female physiologists will be used when possible. If you wish, a chaperone can accompany you for the procedure.

We strongly recommend that a parent or guardian is present when the person being tested is under the age of 17.

#### **Further testing**

About 5–10% of individuals will require another test following the ECG – an echocardiogram (ECHO). An ECHO is similar to the ultrasound scan that is used on a pregnant woman to check the health of her baby.

Sometimes individuals will be invited to attend an appropriate hospital for further cardiac testing. Approximately 2–4% of people have abnormalities that need to be followed up in this way. The majority of these are not a problem. Additional tests such as a Holter monitor (a 24 or 48-hour ECG) or exercise stress test may be required. It is important to realise that a further review does not necessarily mean you have a cardiac condition, only that further information is required to give a full diagnostic evaluation.

#### **Before your appointment**

A CRY medical questionnaire and consent form is enclosed with this information letter. Please note that young people under the age of 17 must seek written permission from a parent or guardian before being tested.

