

## **Guard the Game: The link between athletes and heart screenings**

OSF HealthCare Newsroom

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### **BROADCAST SCRIPT**

INTRO:

AS CHILDREN GO BACK TO SCHOOL – DOCTORS’ OFFICES ARE FILLED WITH KIDS NEEDING CHECK-UPS... IMMUNIZATIONS... AND IN SOME CASES – HEART SCREENINGS.

TAKE VO

THIS IS PARTICULARLY THE CASE FOR SOME ATHLETES IN THE FALL – ACCORDING TO DR. FRANK HAN (PRONOUNCED “HAND” WITHOUT THE D”) – PEDIATRIC CARDIOLOGIST WITH OSF HEALTHCARE. DR. HAN RECOMMENDS PARENTS SPEAK WITH THEIR CHILDREN’S PEDIATRICIANS TO MAKE SURE THEY’RE AWARE IF THEIR CHILD HAS A HEART CONDITION. IF THE PEDIATRICIAN SENSES THE CHILD MAY HAVE ONE – THEY’LL RECOMMEND THEY BE SEEN BY A CARDIOLOGIST FOR FURTHER EVALUATION.

TAKE SOT

“The general screening to start off is an EKG (Electrocardiogram) in the primary care office. After that, along with an assessment of family history, that person may be referred for an echocardiogram or a stress test to see if there’s any issues in the heart valves, or if the heart muscle is too thick,” Dr. Han says. “One of the major uses of the exercise stress test is to try and simulate the hardest possible exercise that person might do. Then we’ll see if any issues might come from it.”

VO TAG

WHILE IT CAN BE HARD... ESPECIALLY FOR YOUNGER CHILDREN... TO KNOW THE SIGNS OF A HEART CONDITION – IT’S IMPORTANT TO LISTEN IF THEY MENTION SOMETHING FEELS UNUSUAL IN THEIR CHEST. DR. HAN ADDS THAT KNOWING YOUR FAMILY HEALTH HISTORY IS ANOTHER IMPORTANT WAY TO START WORKING ON EARLY PREVENTION.

### **VO/SOT #2**

INTRO:

AS CHILDREN GO BACK TO SCHOOL – DOCTOR’S OFFICES ARE FILLED WITH KIDS NEEDING CHECK-UPS... IMMUNIZATIONS... AND IN SOME CASES – HEART SCREENINGS.

TAKE VO

THIS IS PARTICULARLY THE CASE FOR SOME ATHLETES IN THE FALL – ACCORDING TO DR. FRANK HAN (PRONOUNCED “HAND” WITHOUT THE D”) – PEDIATRIC CARDIOLOGIST WITH OSF HEALTHCARE. COMMON HEART CONDITIONS IN KIDS CAN BE HEART ARRHYTHMIA OR CARDIOMYOPATHIES... WHICH ARE HEART CONDITIONS PEOPLE INHERIT FROM THEIR FAMILIES. THIS IS WHY DR. HAN SAYS KNOWING

YOUR FAMILY HEALTH HISTORY IS EXTREMELY IMPORTANT. WHILE IT CAN BE HARD – ESPECIALLY FOR YOUNGER KIDS – TO KNOW THE SIGNS OF A HEART CONDITION... IT'S IMPORTANT TO LISTEN IF THEY MENTION SOMETHING FEELS UNUSUAL.

### TAKE SOT

“They may say things like their chest is “beeping,” or their chest is pounding. In older children, they may give you a variety of descriptions, that there’s some difficulty with exercise. This can be chest pain, shortness of breath, or their heart is pounding particularly when they exercise.”

### VO TAG

IF YOU WANT TO CHECK IF YOUR CHILD HAS A HEART CONDITION – DR. HAN SAYS TO SPEAK WITH YOUR PRIMARY CARE PROVIDER. THEY CAN DO SCREENINGS IN THEIR OFFICE... AND IF THEY SUSPECT SOMETHING MORE SERIOUS IS GOING ON... THEY’LL REFER YOU TO A CARDIOLOGIST FOR ADDITIONAL SCREENINGS.