



Lampasas ISD Heart Screening



ECGs are Effective

ECGs are the best-performing screening tool with greater accuracy.¹ No matter how well it's done, the standard physical just isn't enough to find issues that could cause sudden cardiac arrest.

ECGs are Simple

Each ECG screening is completely painless and easy to conduct - it only takes about five minutes per person. Wear comfortable clothes. Men will remove their shirts. Women should wear a regular bra (not a sports bra), which will not need to be removed.

ECGs are Affordable

It's just \$20. If you went to a doctor's office or clinic, you'd pay \$150 or more.

¹ McKinney, et al, Canadian Journal of Cardiology Volume 33, Issue 1

When:

March 28th During School Hours

Who:

All Incoming 7th-Current 12th Grade Athletes, Dance/Cheer, Band, and JROTC are encouraged to have their hearts screened!!

Cost:

FREE, Thanks to a generous donation from The Cody Stephens Go Big or Go Home Memorial Foundation

For more information visit:
Codystephensfoundation.org

