

PlaySafe Cardiac Physicals

DID YOU KNOW?

HCM

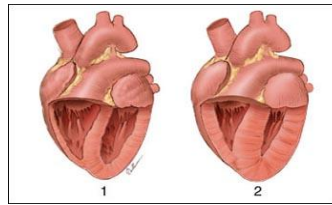
- + Hypertrophic Cardiomyopathy (HCM) is associated with an abnormal thickening of the heart muscle.
- + HCM is the leading cause of sudden death in the young athlete population.
- + Many people with HCM can have little to no symptoms.
- + Individuals at risk can have a family history of HCM and/or show warning signs of chest pain with exertion.

EKG

- + A Electrocardiogram (EKG) screening is abnormal in 90% of patients with HCM.
- + Dangerous heart rhythms (i.e. Long QT Syndrome) can often be detected by an EKG screening.

YOUR EXAM

- + Your physical evaluation will be completed by an expert team of UCSF Sports Medicine Physicians, Orthopaedic Surgeons, Cardiologists, and Athletic Trainers.



- Each participant will receive a complete pre-participation physical exam consisting of a thorough medical, orthopaedic, and cardiac screening.
- A cardiac exam consisting of an EKG screening will be given to each participant.
- An echocardiogram (ultrasound) is available on-site for participants that require additional screening.
- Our expert medical, orthopaedic, and cardiac staff will assist in referring participants who need additional medical testing to quality providers in the SF area.
- This program is supported by UCSF Sports Medicine and Cardiology, National Football Foundation and College Hall of Fame, and CIF: San Francisco Section.

- **Saturday, May 22nd 2010**
- **UCSF Orthopaedic Institute**
Mission Bay Campus
1500 Owens Street @ 16th Street.
San Francisco, CA 94158
- **Starts @ 8am**
Assigned by School
- **Free!!! No charge**
- **See your Athletic Director or Coach**



- * **Completed Paperwork and Parent Permission is needed to register.**
- * **For complete information and to download your required forms, please visit our website...**