

MIAA Wellness Workshop

April 14, 2008

presented by



Sudden Cardiac Arrest (SCA) in Adolescents: A Plan for Reducing Risk

Join us in April for an information-packed, interactive, even potentially LIFE-SAVING event!

HeartScreen America will present its program on sudden cardiac arrest in adolescents - What YOU can do about it and how you can incorporate effective prevention ideas into your overall emergency preparedness planning.

Topics:

- Why you need a plan for cardiac arrest
- What are current preventive practices?
- What are the obstacles to an effective plan?
- What items *must* be on your checklist?

Speaker:

Dr. Ashwin Rao is currently the primary care sports medicine fellow at the University of Washington in Seattle, WA. He completed his residency in Family Medicine at the University of Washington in 2006, after which he explored a variety of different clinical opportunities prior to beginning his fellowship.

Other highlights: Michaela Gagne, Miss Mass 2006 is a heart health advocate who will speak about her experience as a young athlete diagnosed with a serious heart disorder. There will be demos of automated defibrillators and an electrocardiogram-based heart screening.

**Register for the workshop at
www.miaa.net!**

For more information on athletes and sudden cardiac arrest, visit our website, www.HeartScreenAmerica.com, or call 866.722.8008