

# The Glenbrook Principals

---

**To:** District 225 Board of Education

**From:** Paul Pryma & Brian Wegley

**Re:** EKG Testing

**Date:** October 8, 2009

The Glenbrook High Schools are partnering with the The Max Schewitz Foundation to offer EKG Testing to any interested student within GBN & GBS. The dates determined for testing are:

- Glenbrook South High School – Wednesday and Thursday, November 18 and 19
- Glenbrook North High School – Wednesday and Thursday, December 9 and 10

We began considering this opportunity at a meeting with Ms. Mary Beth Schewitz, Dr. Riggle, our school nurses and trainers on May 29, 2009. The more we learned about this process, the more excited we became about the value of this testing. After thoroughly examining this program we all decided that this was appropriate and valuable for the Glenbrooks. The testing will require roughly 160 parent volunteers from each school who will help administer this testing. At this point we have met with our booster clubs and Parents' Associations to enlist support and define parent leaders for this initiative.

Attached are documents we will be utilizing in this effort, which include a press release, FAQs for parents and students, a parent letter, a parent permission slip, and a volunteer forms. The attached documents are for GBS as they will be administering the EKGs first.



## **NEWS RELEASE FOR IMMEDIATE RELEASE**

For information, call  
Mary Beth Schewitz  
Director, Max Schewitz Foundation  
(847) 234-2206

### **7,600 Students to Receive Free EKG Testing**

The Max Schewitz Foundation Brings Free Life-Saving Heart Testing to Four Lake County Area High Schools

**Lake Bluff, Ill.** (October 5, 2009)... The [Max Schewitz Foundation](#) will bring its EKG Screening program to four area high schools this fall, offering potentially life-saving heart-testing to more than 7,600 students. Testing will lead off at Vernon Hills High School on Wednesday, Oct. 21, during school hours, followed by Antioch, Glenbrook South, and Glenbrook North high schools.

“Sudden cardiac death, which can have multiple causes, accounts for approximately 300,000 per year in the United States, topping deaths from lung cancer, breast cancer and AIDS, with 31 percent of sudden coronary-associated deaths happening to people ages 20-29 years of age,” said Mary Beth Schewitz, director of The Max Schewitz Foundation. “We created our foundation four years ago, after our 20-year old son died suddenly from a cardiac arrhythmia. More education and awareness is still needed in order to prevent this from happen to other children and families.”

Vernon Hills will become the sixth Lake County high school to receive the testing, joining students from Lake Forest, Lakes, Libertyville, Deerfield and North Chicago high schools who were tested in prior school years.

“We are thrilled to partner with the Max Schewitz Foundation for this program. The opportunity to provide students with screening may result in early detection of heart disease and possibly save lives,” said Vernon Hills Assistant Principal Jean Aucutt.

Trained volunteer parents will conduct the tests, but results will be read by Dr. Eli Lavie, of North Shore Cardiologists of Bannockburn, and Medical Director of the Max Schewitz Foundation.

"I believe that grass root, community based, voluntary organization are an integral part of preventative care," Dr. Lavie said. "These organizations demand people's involvement in their own care and this improves compliance, improves outcomes and cuts cost."

-more-

**Max Schewitz Foundation – page 2**

To date, more than 5,300 Lake County students have received a free EKG test from the Max Schewitz Foundation in the hopes of identifying students at risk for sudden cardiac death due to hidden cardiac conditions.

According to Dr. Lavie, “More than 86 students were identified as needing further evaluation based on the screening results, and some of these students have had procedures and some were diagnosed with potentially life-threatening cardiac conditions.”

"Unfortunately, for Max the first warning sign of cardiac disease was sudden death," said his father, Dr. David Schewitz. “Max showed no prior symptoms of cardiac disease. We bring this program to the high school students in our area in the hopes of sparing another family the loss we have endured.”

In just four years, the Schewitz’s have already made a difference in the lives of many families. Testing in the Lake County schools have identified three students with Long QT Syndrome, an easily missed, inherited cardiac disease. Dr. Schweitz added, “These students now have a chance to seek treatment and prevent premature death.”

The Max Schewitz Foundation plans to conduct the EKG tests at up to eight area schools each year, with a goal of reaching about 12,000 students annually.

"An EKG test is not a perfect screening device. It will not catch every child at risk for sudden cardiac death, but it has the potential to detect about 40 percent of those at risk,” said Mary Beth Schewitz. “Much like other screening tests, such as a mammogram, an EKG test needs to be repeated, minimally every two years and we highly recommend all parents incorporate an EKG test into their child’s routine yearly physical.”

**About The Max Schewitz Foundation**

Based in Lake Bluff, Ill., The Max Schewitz Foundation is dedicated to supporting education, prevention and research of sudden cardiac death in young people. The Foundation was started by Max’s family and friends after the 20 year old Lake Bluff resident died suddenly from a cardiac arrhythmia in 2005. To learn more or schedule an EKG Screening Program at your school, visit: <http://www.maxandthewildthings.com> or call Mary Beth Schewitz at (847) 234-2206.

**Future EKG Testing Dates:**

- Antioch High School – Wednesday, Oct. 28
- Glenbrook South High School – Wednesday and Thursday, November 18 and 19
- Glenbrook North High School – Wednesday and Thursday, December 9 and 10

###

## *Commonly Asked Questions about EKG Screening*

**1. If my child's EKG is within normal limits does this mean that they have a healthy heart?**

An EKG can detect only 40% of those at risk for sudden cardiac death. There are some conditions that cannot be detected with an EKG. Until further testing is available this, coupled with a thorough medical history, is the best tool to detect those at risk. Fainting, dizziness with exercise, and the young death of relatives due to cardiac or unexplained causes are possible alerts to hidden cardiac disease. Unfortunately, many of those who die from sudden cardiac causes have no identifiable symptoms or family history.

**2. If my child's EKG is within normal limits does it need to be repeated again in future years?**

Current international recommendations are to repeat the EKG every other year through age 25.

**3. Will my child's results be shared with the school?**

Absolutely not. This is healthcare information that will only be shared with you. No information will be shared with anyone outside the EKG program without your express permission.

**4. What does it mean if my child's screening EKG is outside normal limits and requires further investigation?**

It may indicate the presence of a significant cardiac condition and requires further evaluation and testing by a physician.

**5. If my child's EKG is outside normal limits, does that mean she or he has a life threatening condition?**

Possibly. Your child will need to have further evaluation and testing. There is a 2% chance that your child's EKG will result in "false positive" findings. A false positive EKG indicates a defect may exist, but further testing shows there is no problem. We realize that this may cause anxiety, but believe that the benefit of this potentially life-saving screening outweighs this concern.

**6. How soon should I have my child see a physician?**

You should have your child examined by your family physician within two weeks of being notified that the results of the screening EKG were outside normal limits.

**7. Will additional testing be needed?**

Your child's physician will determine the need for further testing, consultation and treatment.

# Student FAQ

## **What is an EKG?**

An EKG, or Electrocardiogram, is a non-invasive, completely painless test, which evaluates the health of your heart. It measures your heart rate and heart's electrical activity to tell the doctor if you have an irregular or dangerous heartbeat that can't be detected with a stethoscope.

## **What is the purpose for the test?**

Cardiovascular disease is the leading cause of death in the United States and in Illinois. Estimates of young adult deaths due to sudden cardiac causes vary from 300 to over 1000 annually in the United States. EKG testing helps identify heart conditions, including hypertrophic cardiomyopathy or HCM, and Long QT Syndrome, which affects young athletes. In the U.S., more than 20 million teenagers participate in athletics. By estimate, as many as 300 people will die from the silent heart condition HCM each year, of which the vast majority will be under 18.

## **How is the test done?**

You will lie down on a table and 10 adhesive pads (electrodes) will be placed on your arms, legs, and chest. A wire is then attached to each electrode connected to a special recording machine. During the EKG, electrical signals from your heart are sent from the electrodes to the EKG machine. The EKG machine records a reading of your heart rate and electrical activity on paper. This will only take about 2-3 minutes.

## **What should I wear?**

You should wear your gym uniform, if possible. If not, boys should wear a loose fitting shirt that can be easily removed for the screening. Girls should wear a loose fitting shirt with a bra underneath for the screening. Avoid wearing a dress, tights or leggings of any sort, as well as lotion.

**\*All students should avoid wearing multiple layers of clothing the day of the screening. Boys and girls will be tested in separate areas.**

## **Does it hurt?**

No, an EKG is painless. You may experience some discomfort removing the electrodes. Removing the electrodes is similar to removing a Band-Aid. If you have any allergy to adhesives (Band-Aids or tape), you may experience some redness and/or irritation where the electrodes were placed. **Please let us know if you have an allergy to adhesives.**

For more information, please visit [www.maxandthewildthings.com](http://www.maxandthewildthings.com)



October 28, 2009

Dear Parents,

We are pleased to tell you that on November 18 and 19 all Glenbrook South High School students will be able to participate in the Max Schewitz Foundation EKG screening at no cost to the student.

Tragically, the first sign of cardiac disease in the young is often sudden death. They collapse, frequently during vigorous exercise, and die. Max Schewitz, a life-long Lake Bluff resident, died from sudden cardiac death (SCD) at age 20, with no prior evidence of cardiac disease. It may surprise you to know that the leading cause of SCD in young adults is triggered by a hidden heart defect that is both detectable and treatable. How can you know if your child is at risk?

While no screening test is perfect, an EKG can detect "markers" of certain serious heart conditions, undetectable by a stethoscope. About 40% of these abnormalities or markers can be detected through an EKG, but approximately 2% of the tests may be falsely positive, requiring additional evaluation and testing by your physician. We believe that the benefit of this potentially lifesaving screening outweighs this concern.

To date, over 5,300 students have received EKGs through this program. Only GBS students with parental permission on file by November 13, 2009 will be tested. Every effort will be made to fully respect students' confidentiality, privacy and individual modesty in all aspects of the program. Only female technicians will screen girls and girls will be tested in an area separate from boys. Cardiologist, Eli Lavie, MD of North Shore Cardiologists, will read all EKGs. Results are confidential and will be distributed only to parents within three weeks of the screening. Note: Only parents of students with EKGs requiring follow-up will get the actual EKG test. EKGs within normal limits will be destroyed.

Participation is optional, but we ask that you return a response form even if you do not want your child tested. There is a spot to deny permission. Also, please complete the optional health history form with your child. Please return your completed forms to the GBS Nurses' Office at 4000 W. Lake Avenue, Glenview, IL 60026 either stapled closed or in a sealed envelope as soon as possible, but no later than November 13, 2009. Also, parents have an opportunity to volunteer on screening day. Please complete the enclosed form if you are interested; it is a memorable and meaningful experience.

If you prefer, you may register your student online at [www.maxandthewildthings.com](http://www.maxandthewildthings.com). For more information see the website or contact Mary Beth Schewitz at 847-234-2206.

Sincerely,

Brian Wegley  
Principal  
Glenbrook South High School

Mary Campobasso  
President  
GBS Booster Club

David & Mary Beth Schewitz  
Directors  
Max Schewitz Foundation EKG Screening

Eli Lavie, MD  
Medical Director

Dear Parents,

The GBS parent organizations need to provide 160 parent volunteers to help run the EKG screening in conjunction with the Max Schewitz Foundation at Glenbrook South High School on November 18 and 19, 2009.

Parent volunteers perform tasks such as assisting with student registration and processing, performing a component of the EKG test, or filing results. **You do not need prior experience.** You will be trained and supervised, with all activities monitored by the cardiologist. Believe it or not, it is easy and fun!

We need you to work a minimum of one **complete** shift. You may work more than one shift, work all day, or work shifts on both days.

You must also attend training on Tuesday, November 17. We'll email more information about the training location, security procedures, parking, dress etc. All testing will take place in the West Gym.

Return your volunteer form to the GBS Nurses' Office, 4000 W. Lake Avenue, Glenview, IL 60026. Please call or email questions to either Mary Campobasso or Mary Beth Schewitz.

Thanks for making a difference,

Mary Campobasso  
Booster Club President  
GBS EKG Volunteer Coordinators  
Campobasso15@aol.com

Mary Beth Schewitz  
Director, Max Schewitz Foundation  
[mschewitz@aol.com](mailto:mschewitz@aol.com)  
847-234-2206

---

**1. I would love to help! I will attend training on Tuesday, November 17 from**

4:00-5:30PM **OR**  6:00-7:30PM

**2. I can work on Wednesday, November 18 from:**

6:30 AM until 11:00AM **OR**  10:30AM until 3:30 PM **OR**  I can work both shifts

**3. I can work on Thursday, November 19 from:**

6:30 AM until 11:00AM **OR**  10:30AM until 3:30 PM **OR**  I can work both shifts

4. Drats! I can't do any of that. But I could help assemble charts Monday 11/16 from 10AM-12PM.

Please contact me (name): \_\_\_\_\_

My phone number is: \_\_\_\_\_; email me at: \_\_\_\_\_

Please Print

**Most communication will be through email, so please include this info.**

**MAX SCHEWITZ FOUNDATION EKG SCREENING RESPONSE FORM AND WAIVER**  
**PLEASE RETURN TO GLENBROOK SOUTH (FRONT DESK OR NURSES' OFFICE) BY November 13, 2009**

Student Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Sex: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Race:  Caucasian  Asian  African American/Black  Hispanic/Latino  Multiple races (mark all that apply)  
 American Indian  Alaskan Native  Native Hawaiian  Pacific Islander

Does your child participate in any of the following sports? 1 – Yes \_\_\_\_\_ 2 – No \_\_\_\_\_

Please circle all that apply:

- |                       |                |                                    |                |
|-----------------------|----------------|------------------------------------|----------------|
| 1 - Baseball/Softball | 6 - Football   | 11 - Soccer                        | 16 - Wrestling |
| 2 - Basketball        | 7 - Golf       | 12 - Swimming                      | 17 - Other     |
| 3 - Cheerleading/POMs | 8 - Gymnastics | 13 - Tennis                        | _____          |
| 4 - Dance             | 9 - Hockey     | 14 - Track and Field/Cross Country |                |
| 5 - Diving            | 10 - Lacrosse  | 15 - Volleyball                    |                |

Contact Information for Results (please print):

Complete home mailing address: \_\_\_\_\_ City: \_\_\_\_\_

Zip: \_\_\_\_\_ Telephone: \_\_\_\_\_ Parent's E-mail Address: \_\_\_\_\_

I, **GIVE** permission \_\_\_\_\_ or **DO NOT** give permission \_\_\_\_\_

for my child, (Insert Student Name) \_\_\_\_\_, to participate in the Max Schewitz Foundation EKG Screening in which my child **will receive an electrocardiogram**. An electrocardiogram (also known as EKG or ECG) is a non-invasive test that measures the electrical activity of the heart and can detect certain heart abnormalities leading to sudden cardiac death.

There is no risk associated with receiving an EKG. There is a possibility of minor skin irritation and redness where the electrodes were placed. *If your child has an allergy to adhesive or latex please list below. (Please note that the stickies used for the screening are latex free.)*

**Allergies:** \_\_\_\_\_

I understand that my child's participation in the Max Schewitz Foundation EKG Screening is intended to identify heart abnormalities which may affect their health during physical activities. I assume all risks associated with my child's participation in the EKG Screening. All such risks being known and appreciated by me and having read this waiver I hereby for myself, heirs, executors, and administrators waive any and all claims I may have for damages against the Max Schewitz Foundation, North Shore Cardiologists, Glenbrook South High School and any and all individuals associated with this screening, their heirs, representatives and successors, and assignees for any and all injuries suffered by my child in connection with this screening even though that liability may arise out of negligence or carelessness on the part of those named in this waiver.

I understand that best practice standards will be used to keep my child's health information confidential pursuant to the Health Insurance Portability and Accountability Act of 1996 ("HIPAA") and its related Rules and Regulations and other state laws.

I grant permission for my child to be photographed, or appear in recording of this event for any legitimate purpose consistent with HIPAA and its related Rules and Regulations and other state laws. \_\_\_\_\_ Yes \_\_\_\_\_ No

I acknowledge that I have read this EKG Screening Form and Waiver and understand the risks associated with my child's participation in the Max Schewitz Foundation EKG Screening.

\_\_\_\_\_  
**Name of Parent or Guardian (Please Print)**

\_\_\_\_\_  
**Parent/Guardian Signature**

\_\_\_\_\_  
**Relationship**

\_\_\_\_\_  
**Date**



Dear Parents,

The GBS parent organizations need to provide 160 parent volunteers to help run the EKG screening in conjunction with the Max Schewitz Foundation at Glenbrook South High School on November 18 and 19, 2009.

Parent volunteers perform tasks such as assisting with student registration and processing, performing a component of the EKG test, or filing results. **You do not need prior experience.** You will be trained and supervised, with all activities monitored by the cardiologist. Believe it or not, it is easy and fun!

We need you to work a minimum of one **complete** shift. You may work more than one shift, work all day, or work shifts on both days.

You must also attend training on Tuesday, November 17. We'll email more information about the training location, security procedures, parking, dress etc. All testing will take place in the West Gym.

Return your volunteer form to the GBS Nurses' Office, 4000 W. Lake Avenue, Glenview, IL 60026. Please call or email questions to either Mary Campobasso or Mary Beth Schewitz.

Thanks for making a difference,

Mary Campobasso  
Booster Club President  
GBS EKG Volunteer Coordinators  
Campobasso15@aol.com

Mary Beth Schewitz  
Director, Max Schewitz Foundation  
[mschewitz@aol.com](mailto:mschewitz@aol.com)  
847-234-2206

---

**1. I would love to help! I will attend training on Tuesday, **November 17** from**

**4:00-5:30PM** **OR**  **6:00-7:30PM**

**2. I can work on Wednesday, **November 18** from:**

6:30 AM until 11:00AM **OR**  10:30AM until 3:30 PM **OR**  I can work both shifts

**3. I can work on Thursday, **November 19** from:**

6:30 AM until 11:00AM **OR**  10:30AM until 3:30 PM **OR**  I can work both shifts

4. Drats! I can't do any of that. But I could help assemble charts Monday 11/16 from 10AM-12PM.

Please contact me (name): \_\_\_\_\_

My phone number is: \_\_\_\_\_; email me at: \_\_\_\_\_

Please Print

**Most communication will be through email, so please include this info.**