



**awareness, support, screening and research**  
01737 363222 cry@c-r-y.org.uk www.c-r-y.org.uk

Dear Parents and Guardians/ Students,

RE: CRY CARDIAC TESTING AT: **The Royal Grammar School on Tuesday 25<sup>th</sup> March 2025**

I am writing to you on behalf of the charity Cardiac Risk in the Young (CRY) in order to let you know about a cardiac screening programme for people aged **14–35 years old**, which will be held at The Royal Grammar School on Tuesday 25th March 2025.

CRY's mission is to identify those that are at risk from sudden cardiac death. Sudden death syndrome is an umbrella term for the many different causes of young sudden cardiac death. These conditions include thickening of the heart muscle or an abnormal structure of the heart, and irregularities of the impulses that control the rhythm of the heart. Youngsters involved in sport, in particular, stress their heart the most and if they have an underlying cardiac abnormality, they are more likely to be at risk. It is important to emphasise that exercise is **NOT** harmful and sport itself does not cause cardiac arrest, but can exacerbate an undetected condition.

At a screening, all individuals will receive an electrocardiogram (ECG) that examines the electrical activity of the heart, and if required, an echocardiogram, as well as a physical examination. The ECG is a simple, non-invasive and painless test that will only take a few minutes to complete and is performed by qualified cardiac physiologists.

The ECG results will be examined by a doctor in conjunction with a personal and family history questionnaire. If a more detailed picture is needed some individuals will be required to undertake a follow-up echocardiogram. This is an ultrasound scan of the heart that looks at its size, structure and blood flow and takes about 30 minutes to perform. In a small percentage of cases the result will appear abnormal and further investigations will be recommended and sent in writing to the individual's GP.

If you wish to book an appointment, please complete the following steps:  
(Please note, if the individual being screened is 16 or over self-consent will be needed.)

1. Visit [www.testmyheart.org.uk/private/](http://www.testmyheart.org.uk/private/)
2. Find **High Wycombe- Buckinghamshire, The Royal Grammar School**. listed for **25.03.2025**. Click Register.
3. The password for this screening is: **RGSCRY25**
4. Select a time slot and click 'register now'. (You can book up to 3 appointments at one time.)
5. Fill in the required details on the health questionnaire – this will take approximately 15 minutes.
6. **Once the appointment is booked, you will receive a confirmation email; this will include a consent form. Please download the document, read carefully before completing and take it with you on the day.**



If you would like any additional information about cardiac screening please visit <https://www.c-r-y.org.uk/screening> . Alternatively, please contact a member of the CRY screening team on [ecg@c-r-y.org.uk](mailto:ecg@c-r-y.org.uk) or call **020 3691 0000**.

Yours faithfully,

Dr Steven Cox  
Chief Executive  
Cardiac Risk in the Young

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