

## Why AMS?

AMS is the leading provider  
of cardiac screening to schools,  
clubs, & associations  
across Ireland

### Screening includes:

- Personal & Family History Questionnaire
- Physical Examination with a Medical Doctor
- 12 Lead Electrocardiogram (ECG)
- Cardiologists Report

## Why Cardiac Screening?

- Up to 100 young people (under 35) die each year in Ireland from Sudden Adult Death Syndrome (SADS).
- 1 in 300 people may have a cardiac abnormality.
- The national register recently reported that the incidents of SADS are higher in Ireland than many other European countries.
- In Italy cardiac screening is mandatory for those involved in competitive sport for the past 25 years. They have reduced the incidents of SADS by 89%.
- The GAA's Medical Scientific and Welfare Committee recommend cardiac screening for all players over 14 years of age.
- The European Society of Cardiology (ESC) & the International Olympic Committee (IOC) recommend cardiac screening for people involved in competitive sport.
- AMS's cardiac screening service is based on the recommendations of the above named organisations.

## What is involved in the Test?

### Personal & Family History Questionnaire

This is a list of questions that will help our doctor identify people that might be at risk of sudden cardiac death.

### Physical Examination

A physical examination will be carried out by a medical doctor. The examination will include recording your blood pressure, BMI & waist circumference. The doctor will also examine your heart for murmurs & irregular heart rhythm.



### 12 Lead ECG

This allows the doctor to assess the rhythm of the heart & give an idea as to whether there are any defects in the electrical conduction of the heart. It gives information in relation to some of the common inherited heart defects. It can provide information on heart muscle function. The effects of high blood pressure can also be seen.

The patient is connected to a recording device by a series of fine cables which are attached to the chest wall by sticky electrodes. The test takes approx. 5 minutes & is performed by a Medical Professional. The medical data & ECG will be forwarded to our Consultant Cardiologist to be analysed.

### Cardiologist Report

AMS's Consultant Cardiologist will analyse the medical information. We will then send the results back to you within a short period of time. If there is a suspicion of a cardiac abnormality you will be recommended to undergo further cardiac testing.

## How long will the test take?

After completion and validation of a consent form, screening should take approx. 20 minutes.

## How often should I have a test?

Best international practice indicates cardiac screening every 2 years.

## “ Testimonials ”

### Shane Robinson - Shamrock Rovers Academy Director

AMS provided cardiac screening to our Academy players recently. I found the service very professional and well run. I would recommend this service for all sports team'.

### Billy Holland, Munster Rugby Player

"I found AMS's cardiac screening service to be very professional and well run. It is great to have peace of mind to know that my heart is in decent working order. I would encourage everyone to be screened, too many young lives have been needlessly lost due to Sudden Adult Death Syndrome."

### Mr Andy Wood, Gamesmaster, Belvedere College

'I can endorse AMS for their professionalism and excellent service. It is an initiative that I believe can only enhance the health and safety of our students'.



### For more information

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