

Getting to the Heart of the Matter



Dedicated to Increasing Awareness of Hypertrophic Cardiomyopathy and Preventing Sudden Cardiac Death in Student Athletes



LOUIS T. SAVINO, III FOUNDATION NEWSLETTER

DECEMBER, 2008



Foundation Co-Founders Toni Pellegrini & Lorraine Sikora

Every Three Days...

Louis T. Savino, III died at the age of 15 on October 12, 2000 at Macclesfield in Bucks County, Pennsylvania, during a soccer practice session. He died of an unsuspected and unexpected cardiac arrest. Louis attended the William Penn Charter School and was in the beginning of his Sophomore year at the time of his death. An "A" student, community service volunteer and sports enthusiast, Louis dreamed of pursuing a career as a sportscaster.

Established in the year 2000, the Louis Savino, III Foundation raises funds for lifesaving devices known as *Automated External Defibrillators (AEDs)*. In keeping with our fundraising mission, our focus is on yet another type of **AED...Awareness, Education & Detection**.

♥ **Awareness:** providing information about the warning signs of SCD and providing equipment and funding the purchase of Automated External Defibrillators (AEDs), for schools, gymnasiums and athletic fields.

♥ **Education:** sponsoring CPR and AED training programs for teachers, coaches and students to provide essential lifesaving training.

♥ **Detection:** crusading for comprehensive school physical examinations at a time in life when it becomes possible to detect previously unknown symptoms in order to prevent potential SCDs - potential early deaths from heart failure.

—That's the latest statistic in the United States— a young, competitive athlete dies **every three days** from an undetected cardiovascular disorder, according to a University of Washington study published in the June, 2008 issue of the Heart Rhythm Journal. "In most of these cases, the athletes appear healthy and have no previous clinical signs of heart problems. Overall, there is pretty poor survival from sudden cardiac arrest in young people," said study co-author Dr. Kimberly G. Harmon, of the University of Washington Department of Orthopedics and Sports Medicine. "But, there is a trend toward improved survival", Harmon said. "This is probably due to improved access to automated external defibrillators (AEDs)," she said. "As we study this over the next several years, we are going to find that survival will improve as emergency plans and AEDs become more available and used."

The Savino Foundation has monitored sudden death cases in youth since 2001. We can attest to the frequency and tragic cases that come to us via web search e-mails each day. Those story links are posted on our website monthly as a reminder that hidden heart disorders abruptly end young lives. The good news is that we have seen an upward trend of AED "Saves" — the **AED in the right place and used at the right time by a trained individual**. We urge School Administrators, Nurses, Gym Teachers and Coaches to establish proper procedures, get necessary training and hold periodic lifesaving drills. If the school has an AED, learn how to use it and place it in a visible, accessible location. Look to equip gymnasiums with these units since a high percentage of collapses occur in a gym. Signage is essential and the AED should be in plain view. **An AED locked in an office will never save a life.** When we lose a child, we lose our future. *Prevention is Paramount.*

AED 101 "THE BASICS"

Once the heart stops there is less than 10 minutes to render appropriate care.

Using an AED within 4 to 6 minutes increases the survival rate to 60%.

Without an AED the survival rate decreases 10% for every passing minute.

National average for ambulance response time is 9 minutes. Call 911 immediately.

An AED will not shock a victim if the shock is not required.

From Death to Life

Nearly a year after the passing of Louis Savino, this front page story in the Bucks County Courier Times was truly remarkable.



September, 2001—Gerry Bram collapsed on Syracuse University's Football field.

On September 29, 2001, Gerry Bram, an NCAA Division I Football Referee collapsed on Syracuse University's football field from a heart attack. Swift actions from the University's Sports Medicine Staff and the use of an on-site AED shocked Gerry's heart several times and brought him back to life. That day, 37,000 fans witnessed an extraordinary event.

Paramedics moved him to a local hospital where he recovered following the insertion of an implantable cardioverter defibrillator (ICD).



March, 2008—Gerry Bram speaks at the PAL Lenfest Center during a Savino Foundation AED dedication

We contacted Gerry, a Southampton, PA native soon after his miraculous recovery and asked if he would serve on the Board of the Savino Foundation. We knew that he believed in AEDs and the importance of having them on-hand. Without any hesitation, Gerry accepted and he has graciously been our Board Member since 2002. Gerry has been an inspiration to us and to anyone who may doubt the life-saving power of an Automated External Defibrillator.

To contribute to our cause, please make checks payable to:
Louis T. Savino, III Memorial Fund

The Louis T. Savino, III Foundation is recognized by the Internal Revenue Service and the Commonwealth of Pennsylvania as a 501(c)(3) non-profit foundation.

Louis Savino died of a congenital heart condition known as hypertrophic cardiomyopathy (HCM). HCM consists of a thickening of the heart muscle, which disrupts the main pumping chamber of the heart.



Congenital heart disease is the leading cause of non-traumatic sudden athletic death, with hypertrophic cardiomyopathy being the most common cause. There are hundreds of sudden cardiac deaths in kids ages 5-18 each year in gym class, on fields and on courts.



Drew Lewis

Seventeen year-old Drew Lewis considers himself prepared and ready in the event of a cardiac emergency. Last Fall he received training in First Aid, CPR techniques and AED usage. The mandatory program for high school students was offered by the American Red Cross at William Penn Charter School. "It is important to have these skills in case of a cardiac event which can happen at any place, at any time", says Drew. "Operating the AED was one of the easiest things I have ever learned. The machine is simple to use and the instructions are presented visually on the unit. I believe this course should be mandatory for all high school students. I learned that this knowledge can save a life wherever I go. I carry my certification card in case the need ever arises. I know that I am prepared to help others without hesitation." The Savino Foundation endorses mandatory CPR/AED training for high school students.

Louis Savino Day of Service

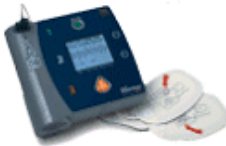
On Friday, October 10th, more than 450 William Penn Charter High School Students participated in the Annual Louis Savino Day of Service. From raking up debris on the historic Walnut Lane Bridge to working with handicapped children at the Widener School, these students and teachers honored Louis Savino with their community service. Louis was a life-long Penn Charter student. Louis' mother, Toni Pellegrini, and his aunt, Lorraine Sikora, began the day with a remembrance of Louis and a presentation about the Louis T. Savino III Foundation. Louis collapsed on a Bucks County soccer field from an undetected heart condition the night before the Day of Service in October 2000. Louis' enthusiasm for community service prompted this day in his honor. In her comments, Louis' Mom encouraged students to embrace service: "Do it from your heart. It will show. Give it your best and you will find enjoyment and peace."



The students accomplished a great deal on October 10th and they are to be commended for their time and service in Louis' memory.

Getting to the Heart of the Matter

AED
Automated External Defibrillator



An Automated External Defibrillator (AED) is a device about the size of a laptop computer that analyzes the heart's rhythm for any abnormalities and, if necessary, directs the rescuer to deliver an electrical shock to the victim. This shock, called defibrillation, may help the heart to reestablish an effective rhythm of its own.

For each minute defibrillation is delayed, the chance of survival is reduced by 10 percent.

Early defibrillation is the link in the Chain of Survival.

In 2008, funding for AEDs was donated to:

- Friends School of Atlanta, Decatur, GA
- Villa Joseph Marie High School, Holland, PA
- Elk Hill Behavioral & Treatment Facility, Goochland, VA
- St. Francis of Assisi School, Springfield, PA

Funding for CPR/AED Training was donated to:

- Police Athletic League Lenfest Center, Philadelphia, PA
- St. Thomas Aquinas School, Croydon, PA

If you know of a school, youth organization, camp or student athletic program in need of an AED or Lifesaving Training, please have their representative contact the Savino Foundation at (215) 369-9696.



Chip Miller of Cardiac Science donating AED to the Savino Foundation



Police Athletic League AED Donation



St. Thomas Aquinas School CPR/Training Donation

Thanks to Cardiac Science.... for their donation of an AED to the Savino Foundation. The unit was re-donated to the Philadelphia Police Athletic League and it now resides in their Lenfest Center. The Savino Foundation funded CPR/AED training at the facility.



Villa Joseph Marie High School AED Donation

There are many ways to support the Louis Savino Foundation. By supporting the Foundation you will be making an important contribution to our efforts to prevent the loss of young lives due to sudden cardiac death across the United States.

Our website offers a variety of methods for donating such as **Pay Pal, United Way Donor Choice Program** and by **personal check**.



SPECIAL THANKS...

To Louis Savino's former classmate, Andrew Seiken and the employees of **Coventry First** for raising funds as a result of an Employee Dress-Down day. Coventry First matched the employee's contributions and a total of \$1741 was donated to the Savino Foundation.



Check out Our Website for details: savinofoundation.org

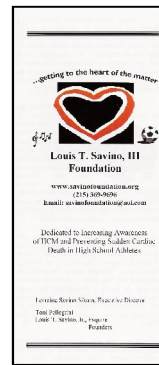
The Louis T. Savino, III Foundation is classified by the IRS as a 501(c)(3) non-profit organization; all donations are tax deductible to the extent allowed by law.

HOLD A FUNDRAISER!

As a Foundation, we have accomplished much yet there is so much more we can do with additional funding. We have many ideas and not enough resources to implement them. We ask our supporters to consider holding fundraisers to benefit the Louis Savino Foundation.

Give us a call to discuss the possibility of hosting a fundraising event. Some ideas to be coordinated on a small or large scale include:

- Walkathon
- Bake Sale
- Dress down days (school or work)
- Penny Drive
- Car Wash
- Bingo Night
- Raffle
- Candy Sale
- Fashion Show



Hidden Heart Disorders Savino Foundation Brochure

To obtain an awareness brochure describing the symptoms of heart disorders in student athletes, contact our Foundation at (215) 369-9696.



Words of Gratitude from our AED Recipients



At long last, our AED unit arrived!!! We are so thankful to the Board of the Savino Foundation for making the procurement of the unit possible for us. I just breathe a little easier now knowing we have one here. While we pray we will never have to use it, it is reassuring to know that we are now able to assist if early defibrillation is ever needed. Thank you again for all of the important work that you do. We are so grateful for all that you offer in the way of education and certainly for granting funds for the purchase of life-saving devices. For organizations such as ours, your support has made our purchase possible. We wish you much success as you continue on your journey to help others. Thank you, thank you...a million times, THANK YOU!

**With best wishes and much appreciation,
Missy Henriksen, Director of Advancement
Congressional Schools of Virginia**

On behalf of the entire St. Francis of Assisi School community, please accept our deepest gratitude for your generous grant toward the purchase of an AED. You and Your Board of Directors have made a dream come true. Long have I wanted one of these life-saving devices available to the many children and parents who use our gym and because of you, we now have one. I certainly pray that we will never have to use it, but if we do, it will be thanks to you that a life is saved. Know that you, your Board of Directors and everyone involved in the Louis T. Savino, III Foundation will be remembered daily in the prayers of our entire school community. May God bless you and your efforts to save lives.

**Warmest regards,
Jill Carroll, Principal
St. Francis of Assisi Parish School, Springfield, PA**



School Nurse, Helen Rebull and Head of School, Seth Ahlborn

"Gone in a Heartbeat"

AEDs should be in every school to protect every child. T. Pellegrini & L. Sikora are featured in a video, "Gone in a Heartbeat" produced by the Children's Hospital of Philadelphia Youth Heart Watch group. To learn more about their program, the video can be viewed at: <http://www.chop.edu/youthheartwatch/swf/index.html>



2nd Grade Students of St. Francis of Assisi School posing in front of their new AED



**Louis T. Savino, III Foundation
Newsletter**

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**Louis Savino, III Memorial
Golf Outing
Monday, October 19, 2009**



Currently Booking Event Sponsors

Call for details—215-369-9696

MARK YOUR CALENDAR!

October 2009						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**Savino Foundation
Co-Founders**

Toni Pellegrini-Treasurer
(Mother of Louis Savino)

Lorraine Sikora-President
(Aunt of Louis Savino)

Board of Directors

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F.A.C.C.

