



Dear Parent / Guardian,

I am writing to inform you that Advanced Medical Services (AMS) will be visiting St Mary's CBS to provide a comprehensive, doctor led Cardiac_Screening service at the end of March. This will be our 4th year working with St Mary's CBS.

AMS is Ireland's leading mobile cardiac screening company. They perform cardiac screening in schools & sports clubs nationwide for over 15 years, ultimately aimed at reducing the incidents of Sudden Adult Death Syndrome (SADS).

CARDIAC SCREENING

The screening includes:

- Personal & Family History Questionnaire
- Physical examination with a Medical Doctor
- 12 Lead Electrocardiogram (ECG)
- The medical data & ECG are assessed & reported on by a Consultant Cardiologist

FEE

The fee for Cardiac Screening is at a discounted rate of €80. Any person with Laya health insurance can avail of the service for free as part of their membership (current individual membership required). People with other health insurance may be able to claim a portion of the fee back.

*** SEE OVERLEAF FOR HOW TO BOOK AN APPOINTMENT**

DEADLINE FOR BOOKING

Monday 2nd March 2026

Places are limited so book early to avoid disappointment

Alan Byrne

Dr. Alan Byrne
AMS Medical Director
Consultant in Sports and Exercise Medicine
MB BAO BCH MRCPI MSc (Sports medicine)
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WHY CARDIAC SCREENING?

Understanding the Risk

While sudden cardiac death in young people is rare, it can occur unexpectedly in individuals who appear completely healthy. Some heart conditions that increase this risk can be present without any symptoms and may only be identified through cardiac assessment. International research has shown that cardiac screening can identify many of these conditions before they cause serious problems, giving young people & their families the opportunity for appropriate monitoring & treatment where needed.

What Can Cardiac Screening Detect?

Some heart conditions can be present without symptoms and may only be identified through cardiac assessment. Cardiac screening is designed to identify structural heart abnormalities & certain electrical disorders that may increase the risk of sudden cardiac events.

Important to understand: Cardiac screening can identify many, but not all, conditions that may lead to sudden cardiac events. Screening cannot detect all potential causes, including some forms of coronary artery disease or conditions that may develop after screening. A normal screening does not eliminate all cardiac risk. Approximately 3-4% of young people screened may need follow-up testing for clarification or reassurance.

Evidence Supporting Cardiac Screening

Research Experience: In the Veneto region of Italy, mandatory cardiac screening for individuals aged 12+ years involved in competitive sport has been associated with significant reductions in sudden cardiac death among screened athletes over the past 30 years. Research from this region showed an 89% reduction in sudden cardiac death rates among the screened population.

Medical Body Recommendations: The European Society of Cardiology & the International Olympic Committee recommend cardiac screening every 2 years for competitive athletes. World Rugby recommends cardiac screening for rugby players, with repeat screening ideal every 2 years for athletes under 20 years of age. The GAA's Medical, Scientific & Welfare Committee recommend one-time screening for all players over 14 years & again before aged 25 years.

HOW TO BOOK IN FOR THIS SERVICE



1. Go to www.ameds.ie
2. Click on Online booking
3. Enter clinic code: **CBSP26**
Or click [St Mary's CBS Booking Link](#)
4. Complete registration & pay (if required)

Please note that a full receipt along with your report will only be available after the screening has taken place.

The appointment time & date will be confirmed in due course after the registration closes.



For more information please contact

Call 0818 333 120 or

email screening@ameds.ie



or

Tim Cooke on 086 0401301 or

email tcooke@ameds.ie