

STAYING ALIVE

Live Safe Challenge

PhillyFit Challengers: Heather Hoehn, Susan McInerney, Charles Peebles and Lloyd Yancey

Of course there's nothing wrong with my heart! That is depending whom you ask, of course. But such bravado wasn't going to keep me from getting it checked out in the Live Safe Challenge. After all, there have been too many instances of perfectly-fit athletes succumbing to cardiac events, as evidenced by the tragic deaths of a twenty two year old basketball player in 2005, a twenty year old rower during last May's Dad Vale Regatta and a nineteen year old defensive back at Rice this past September. If something lurks in my ticker, I want to know about it. Wouldn't you?

Dr. Bill Milkvay did. The founder of Ultrasound Services, Inc. is a former Temple Owl ("The Owl Without a Vowel") who led the nation in scoring in the Big Five in 1951. In the sleek boardroom of USI's Newtown facility, this sprightly seventy-something related to us how a cardiac incident during a golf game prompted him to seek a quick, non-invasive, screening protocol that might predict and prevent such mishaps. Temple's cardiac specialists came up with a viable series of tests that would become the basis for Live Safe and Play Safe programs, one for the general population



and one for athletes. Using ultrasound technology, it's now possible to screen for a full array of risk factors for stroke, heart disease, abdominal aortic aneurysm, peripheral arterial disease and sudden cardiac arrest, without spending a day in a hospital.

In fact, USI's whole operation is mobile -they set up screenings in corporations, churches, health clubs, country clubs, and schools. We were shown a tape, one of numerous local newscasts about the entire Cheyney University's Athletic Department undergoing the Play Safe program. Now the NFL's apparently developed a keen interest in adapting it as well.

Susan, whose father had passed away from a heart attack and whose mother has had several heart related surgeries said, "I always felt that I too might be a walking time-bomb, or worse yet, my children as well. My family is very active; I teach fitness classes and my children are both athletes, so my concern was very real. The team was awesome! The scan was quick, painless and easy. Two weeks later, my report came back with positive results. I hope to have my son Chris, a football player from Dickinson College, scanned when he's home on break."

Heather also had a clean bill of health. "This came as a big relief as my father has some significant aortic issues that are believed to be congenital in nature. As an ex-college coach and athlete, I would have loved to have had this technology available for both my athletes and myself. I strongly recommend that both athletes and non-athletes make time for this important and lifesaving scan."

Thankfully, Charles passed as well. Not much to it, like snoozing through an EKG. In fact, come to think of it, this was the easiest test I ever took!

*For more info: Ultrasound Services, Inc.,
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