SAVING LIVES
ONE HEART AT A TIME

2019 ANNUAL REPORT
In 2016, AugustHeart received 30 refurbished Mortara ECG machines. They were workhorses and allowed AugustHeart to screen teens affordably. But over time, the number of working machines were rapidly shrinking. With screening numbers increasing yearly, the need for new ECG machines was evident. This year AugustHeart received several large gifts designated for the purchase of 26 Cardea 20/20 ECG machines and Surface Pro tablets. These machines have allowed AugustHeart to transition into a modern digital platform. Data from the new wireless ECG machines is collected on tablets, allowing AugustHeart to screen faster and more accurately. The data is stored in the cloud and easily accessed by our volunteer cardiologist virtually anywhere. All of this increases our efficiency and quality all while maintaining more accurate records of all teens screened and referred by AugustHeart.

**Sudden Cardiac Arrest (SCA) in youth is not a rare occurrence.** SCA is the leading cause of non-traumatic death in youth, happening without warning and proving fatal in 92% of cases. One in 300 teens in the general population is at high risk of an undetected heart condition that may cause SCA. Student athletes are at an even greater risk for SCA because it is 60% more likely to occur during exercise or physical activity. Most heart conditions that lead to SCA can easily be detected with a simple heart screening. Medical history and physical exam are not enough. Active teens appear healthy, so reported symptoms are often overlooked by doctors. With no symptoms, doctors deem testing unnecessary, making these tests expensive and not covered by medical insurance. As a result, serious heart conditions go undetected and young people die unnecessarily. We are the only organization in the San Antonio area bridging the healthcare gap by creating accessibility to free lifesaving heart screenings for all teens, regardless of financial circumstances.

**Dear Friends –**

I can’t imagine San Antonio without AugustHeart, and I think my sentiments would be shared by so many of the parents and teens that have been screened. Every year as I talk with parents whose children have been referred, I’m reminded how important this organization is to our community. AugustHeart gives families important information about their teen’s heart health, provides peace of mind, and the knowledge and tools to prevent a tragedy that is a heartbeat away!

It’s been an incredible year for AugustHeart. Because of you, we screened more teens than ever before, we’ve taken a huge step towards all digital screenings, we’re serving more schools, and impacting more lives! This year alone, AugustHeart identified 44 teens who were at risk for a sudden cardiac event, that is lifesaving!

We are thankful every day for friends like you. Your loyal support and belief in our mission has gotten us to where we are today. This is a team effort and you are a vital part of our success. Thank you for walking with us on this journey, together, we are saving lives!

- Pam Velasco
Executive Director AugustHeart

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**WHY AUGUSTHEART?**

**CAUSE TO CELEBRATE**

**DIGITAL ADVANCEMENT**
“I thank God for your Screening. You saved my son’s life! He was diagnosed with Wolff-Parkinson-White the day before football practice. We got to see a cardiologist and had a catheter ablation done that cured him. Thank God for AugustHeart!”

– John Garcia (Patrick’s Father)

Patrick had a routine sports physical at Central Catholic this year. AugustHeart performed an electrocardiogram (ECG) and found that Patrick had Wolff-Parkinson-White syndrome (WPW). We were notified on July 31st by his coach at Central Catholic that he was not cleared for football and needed to have a full evaluation by a cardiologist. We quickly made an appointment with a cardiologist the next day and an ECG and stress test were performed. Although the stress test was normal, the cardiologist confirmed that Patrick’s ECG showed WPW. We were referred to a cardiac electrophysiologist and he recommended that Patrick have a catheter ablation which was performed on August 9th as an outpatient procedure. In less than a month after finding out about Patrick’s abnormal ECG, he has been cleared by his cardiologist and no longer has WPW. Patrick never had any symptoms like weakness, nausea, rapid heart rate, etc., so we are very grateful for AugustHeart and the great work they do for our athletes.

– Connie Garcia (Patrick’s Mother)

Wolff-Parkinson-White Syndrome

In a heart affected by WPW, an extra electrical pathway can interfere with the normal heartbeat. This extra pathway creates a shortcut for the electrical impulses. As a result, these impulses may activate the heartbeats too early or at the wrong time. If left untreated, the abnormal heartbeat, arrhythmia, or tachycardia, can cause blood pressure, heart failure, and even death.
Augustus Cummings Koontz passed away at the age of 18 in his sleep from an undiagnosed heart condition called hypertrophic cardiomyopathy (HCM). HCM is a problem of the heart muscles where the bottom chambers (or ventricles) are too thick and can cause heart failure. August was a senior at Central Catholic High School with sights on being a Horned Frog at TCU when he graduated. His zest for life and compassion for others was the measure of his greatness. He had a huge heart and will forever be remembered because of the lifesaving work done by AugustHeart.

AugustHeart was founded by Doré and Bart Koontz in May 2011 with a bold vision, to establish a free community wide cardiac screening program for teens to identify and help those at risk of a sudden cardiac event.

The mission of AugustHeart is to provide free heart screenings to teenagers to identify selected heart abnormalities in an effort to reduce the risk of sudden cardiac death.