



Registered Charity No. 1050845

DANIEL HUGHES

HEART SCREENING FUND



Mission Statement

“To provide heart screening for a minimum of 200 young people per year”



Dan's Story

Waiting for him to wake up and say "only joking mum!"

Daniel Hughes was a young man of 28 with the rest of his life to look forward to. On the night of the 18th March 2015 he had been sitting with and talking to his parents, Sue and Dave, over dinner. At around 9:30 he walked past the living room door and said "I'm going up now dad" to which Dave replied "O.K. son, see you later". In the early hours of the 19th Dan's heart stopped and he slipped peacefully away in his sleep. When he failed to get up for work in the morning Sue knocked on his door expecting him to have overslept – but when he failed to respond she realised all was not well. She entered his room, looked at him asleep and knew the worst thing imaginable had happened. She phoned the emergency services who advised her to perform CPR until the first responders arrived. Sue is CPR trained and knowing what to do she fought for her son like any mother would do but in her heart she knew that it was too late. When the emergency services arrived the doctor took one look at Dan and confirmed that he had died. There were no signs that Dan had suffered, he was in a normal sleeping position and there was no look of distress on his face.

A fit and healthy young man.

If ever there was a role model for the way we are meant to live our lives then Dan is that example. Never smoked – didn't do drugs – watched what he ate – kept himself fit – wasn't overweight. Yes, he enjoyed a drink with his mates on a weekend and occasionally had a couple to many - who hasn't at that age! But he never got into any trouble and would walk away from confrontation rather than get involved in an argument. Dan was a postman with one of the toughest rounds covering Mow Cop, he played football every Saturday & Sunday for Alsagers Bank F.C. and was captain of the Saturday team. He attended the True Grit Gym once or twice a week with the football team when outdoor training was not possible. Dan had completed 2 "potters' arf marathons" in respectable sub 2 hour times; Holidays took him to the Alps where he enjoyed snowboarding. He was healthy – He was happy...

So what happened?

Dan's post mortem returned Sudden Adult Death Syndrome (SADS) as the cause of death. All his major organs were perfectly normal including his heart even though it had stopped. There were no warning signs, no chest pains, no headaches, no lack of breath or anything else to indicate that he was going to lose his life so suddenly. There are no words to convey the sadness and emptiness that have befallen Dan's family and friends since that sad day back in March 2015 but his passing has brought into focus the need for young people to have heart screening so that potential life threatening conditions can be detected and treated before more lives are lost. This is where we need your help and support.....



Every week in the UK at least 12 young people die of undiagnosed heart conditions.

Cardiac Risk in the Young C.R.Y provides screening for young people between the ages of 14 and 35 years old. Since its formation in 1995, Cardiac Risk in the Young (CRY) has been working to reduce the frequency of young sudden cardiac death (YSCD). CRY supports young people diagnosed with potentially life-threatening cardiac conditions and offers bereavement support to families affected by YSCD. CRY promotes and develops heart screening programmes and funds medical research. CRY publishes and distributes medical information written by leading cardiologists for the general public. CRY funds fast track referral, screening and cardiac pathology services at leading UK hospitals. There is a simple way to diagnose most cardiac abnormalities. This is by having an ECG (electrocardiogram) test. Results should be read by a cardiologist. For extra clarity an Echocardiogram (ultrasound scan) can also be done. If there has been a young (under 35) sudden death in the family, the family is entitled to be screened on the NHS

CRY's Mobile Screening Programme



CRY has a mobile screening team of medically qualified personnel, who will visit sports clubs, schools and other community venues on request, to screen people between the ages of 14 and 35. Our Screening Team consists of a Doctor, an Echo Technician, one or more ECG Technicians, an Administrator and a Screening Manager who will set up the equipment on site.

Any person who is considered to have an abnormal ECG will be given an ECHO on the day; and some people may also be invited to have a full cardiac evaluation at a later date.

After the date of the screening, every person's ECG/ECHO, completed health questionnaire and consent form will be forwarded to CRY's expert doctors for research purposes – increasing our understanding of the conditions and ultimately helping to reduce the number of young sudden cardiac deaths. These days are only funded by people or groups who raise money to hold such events in their local communities usually because a loved one has been lost to a Young Sudden Cardiac Death. The cost is £3,500 per day at which 100 young people will be screened,

The aim of the Daniel Hughes heart screening fund is to provide a programme of heart screening days whereby a minimum of 200 local young people have access to screening on an annual basis. These days will take place on the first weekend in September each year and funding is already in place to stage screening days up to 2021. Events are planned for 2017 to raise more funds so that Dan's programme can be extended further and more young people can be screened.

We will never know if heart screening would have saved our precious son's life but we never want another family to go through what we went through. There are no words to describe the emptiness and heartache we feel everyday; all we can do is work hard to ensure that Dan's legacy lives on for years to come and that he continues to make a difference to people's lives now as he did when he was with us.

Are you willing to help save a young life.....



In memory of Dan Hughes

You can donate at <http://uk.virginmoneygiving.com/SomeoneSpecial/DanHughes>

www.onedanhughes.com

Thank you.

HEART SCREENING WORKS

On the 3rd & 4th of September 2016 the first heart screening days paid for by the Dan Hughes memorial heart screening fund were held near his home village of Bignall End, The Screening was conducted by Cardiac Risk in the Young (CRY).. The need for such events was bought home by the stories of 2 young people who attended on the first day.

Lincoln Mills was diagnosed with a hole in the heart, a condition he knew nothing about, which could have potentially cost him his life. He has been advised never to go deep sea diving again as this poses a real threat for him. Not such a big deal you may think but Lincoln has dived before and was planning to do so again next year, needless to say this has now been cancelled.

This is a message we received from Lincoln's mum Julie after the screening

"Hi Dave thanks for this afternoon and the cup of tea. My son who went for the ultrasound was found to have a PFO and has been advised NEVER to go deep sea diving. You may well have saved his life today as he has dived with sharks before and fully intended to go diving again. But with the information provided to him today he certainly won't be doing so again. Many many thanks! Julie xxxx"

The second person was 17 year old Lucy Smith, to cut a long story short a problem was found by the CRY technicians during her tests and she was advised to go straight to the local A&E department. She was immediately admitted to the cardiac ward where she spent the next 11 days undergoing tests and eventually an operation to fit a pace maker. Lucy is now back leading a normal life but the consequences of her not undergoing screening are unthinkable.

We had this message from Lucy's mum Tracey

"In all honesty your fundraising probably saved Lucy's life, no words at all can ever say how grateful we will always be to you [Sue Hughes](#) [Dave Hughes](#) xxxxxxxxx"

CRY's Chief executive Dr. Steven Cox said in the press.

"Lucy's recent experience illustrates the absolute importance of CRY's screening programme, when someone is identified with a condition it reinforces everything that we are trying to achieve at CRY to help save young lives."

