

# JOHN TAYLOR BABBITT FOUNDATION

## NEWSLETTER

Summer 2011

### A LETTER FROM THE BABBITT FAMILY



We all have dreams about the perfect life: a life without pain, sadness, poverty or conflict. As human beings, our challenge is to try to experience glimpses of this perfect life right in the middle of our many struggles. But how do you take these struggles and try to create a positive event? The John Taylor Babbitt Foundation was founded over four years ago not only in response to the tragic and sudden death of our son and brother, but also as a vehicle to work with our family, friends and community to eliminate

preventable deaths from sudden cardiac arrest (SCA). Over the years, we have been amazed by the outpouring of love and support from people across the globe that have been touched in one way or another by sudden cardiac arrest.

This issue of our newsletter shares with you the stories of our many successes. We are proud of our growth over the years...as we are now involved in numerous state and national initiatives. We have also formed alliances with other organizations that share our vision as these partnerships are critical to achieving legislative changes that are necessary to ensure automated external defibrillators (AEDs) are widely available. Although we have quite a long way to go, we know the results of our efforts are starting to pay off. Last year, three local high schools added mandatory CPR/AED training to their curriculums...and this year another four schools will do the same. We are also excited about the significant increase in the number of communities we have partnered with in implementing comprehensive AED programs. The growth in the number of AEDs present in places of public assembly is wonderful and we feel confident that this number will continue to grow!

Our family is also excited about the Foundation's success in engaging our young adults. The merits of defibrillators being used as educational tools for cardiac health is a widely discussed topic and the impact on saving the lives of school children and athletes is highlighted in the news media and health journals. We will continue to grow our "JTB Heart Club" presence at high schools and universities as students are enthusiastic and passionate advocates for AEDs in schools.

Thanks to your support, the JTB Foundation is pleased to announce the launch of our first research grant to Tufts Medical Center. We are so excited about supporting Dr. Gordon Huggins and the Molecular Cardiology Research Institute at Tufts and look forward to sharing more news and results from this project over the coming year.

All of this would not be possible without the continued love, support and guidance of our many friends and family, as well as the many organizations that so graciously share their time and resources to support our initiatives. A very special thanks to our Board of Directors...your time, dedication and advice are deeply appreciated and truly a gift we give thanks for every day!

With much love and appreciation,

Dave, JoAnne and Andrew

### The JTB Foundation and YouTube!

The Babbitt family was thrilled to be asked by Jeanne McCurdy of VideoMAC, Inc. to make a video on Sudden Cardiac Arrest. The video, "*Sudden Cardiac Arrest – The John Taylor Babbitt Foundation*" can be viewed on the Johnson and Johnson Health Channel on YouTube by searching for sudden cardiac arrest...or even better, visit the home page of the Foundation at [www.jtbfoundation.org](http://www.jtbfoundation.org) and look for the link! The Foundation is also on Facebook so look for us and find out what we are up to!

## John Taylor Babbitt Foundation GOALS AND OBJECTIVES

The John Taylor Babbitt Foundation is a nonprofit 501©-3 organization founded in John's memory and dedicated to preventing sudden cardiac death. The specific goals of the foundation are to:

- Install defibrillators in schools, athletic venues and public gathering places
- Establish JTB Heart Clubs in high schools and universities to raise awareness and save lives
- Support research on genetic cardiac disorders that increase risk of sudden cardiac death

#### Defibrillators:

- Proposing legislation and lobbying for state-level laws on defibrillators
- Working on municipal policies and procedures to support the purchase and maintenance of defibrillators
- Sponsoring local training programs in CPR/AED

#### JTB Heart Clubs:

- Establishing campus JTB Clubs at high schools and universities
- Club activities are focused on: Advocacy, Education, Defibrillators and Fund Raising

#### Research:

- Supporting research on genetic cardiac disorders, including Hypertrophic Cardiomyopathy and other diseases, that increase the risk of sudden cardiac death
- Research focus areas include improving the accuracy and cost effectiveness of screening programs and investigating promising treatments.

The John Taylor Babbitt Foundation Newsletter is published bi-annually.

For more information about our efforts to prevent sudden cardiac death, please visit our web site at [www.jtbfoundation.org](http://www.jtbfoundation.org).

or write:

John Taylor Babbitt Foundation  
P.O. Box 698, Chatham, NJ 07928

## Fifth Annual Walk With Heart a Huge Success!

The fifth annual "Walk With Heart" was held on Sunday, May 15, at The Pingry School to raise funds to support the John Taylor Babbitt Foundation and its efforts to prevent sudden cardiac death. Over 400 students and families from the area participated in the event which raised more than \$60,000 for the foundation. All participants received an event t-shirt as well as complimentary food and beverages. Music, a raffle, and wonderful prizes made the event fun for all ages. In addition, representatives from the Atlantic Health Systems were present at the walk to demonstrate the use of Automated External Defibrillators (AEDs).

The Walk With Heart is sponsored by the JTB Foundation and organized by students in The Pingry School's JTB Heart Club as part of their Independent Senior Project at The Pingry School in Martinsville. The day included a 2-mile walk and run, raffle, music, food, and prizes. The students spent countless hours over the last half year planning every aspect of the event. The food at the event is solicited by the students and donated by businesses throughout Union, Morris and Somerset counties. Many friends of the Foundation make wonderful financial donations to support the Walk and the work



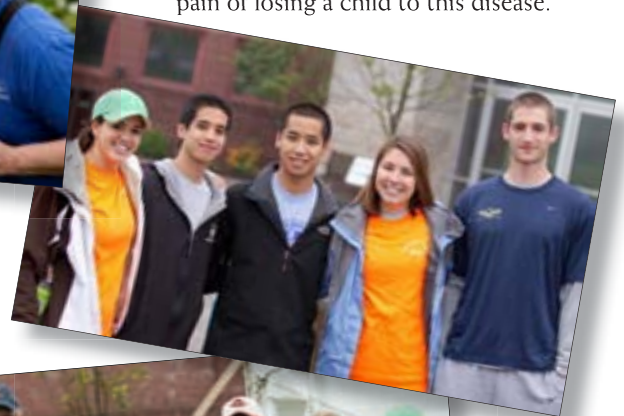
of the Foundation. A special thank you to the Chatham office of the Investors Savings Bank for their continued support.

Board member LeeAnne Lan was excited to see so many walkers attend from so many towns around the area. LeeAnne stated that, "The Babbitts and the Foundation receive so much support from friends

and neighbors from John's home town of Chatham and many Pingry families. Both communities, as well as Dave and JoAnne's work associates and families have continued to support the efforts of the Foundation. Now corporations, family foundations, and so many other businesses are recognizing the important work of the Foundation and are really stepping up to help out."

"The students were very dedicated to organizing this event, and Dave and I are so grateful to them, to the sponsors and donors, to the participants, the dozens of volunteers and to everyone who helped make the day such a success," said JoAnne Babbitt, John's mother. "We are truly overwhelmed by the outpouring of love and support from all of the people whose lives John touched."

The Walk With Heart is the Foundation's largest annual fundraiser and is critical in helping to support its goals and objectives. "John's sudden loss was shocking and tragic," said his father David, "but it is our hope that through the Foundation's activities we can prevent other families from experiencing the pain of losing a child to this disease."



## More Pictures from the Fifth Annual Walk With Heart



### JTB Foundation Board of Directors

David C Babbitt – President  
 JoAnne Taylor Babbitt – Vice President  
 Gerald P. Scales – Treasurer  
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## JTB Foundation - Raising Awareness of Sudden Cardiac Arrest on Capitol Hill

In October, the Foundation joined fellow members of the Sudden Cardiac Arrest Coalition on Capitol Hill in a "call to action" to prevent sudden cardiac death. Coalition members attending the briefing, which was held at the Rayburn House Office Building in Washington, D.C., specifically asked members of Congress to commit to three agenda items:

- Join the Congressional Heart and Stroke Coalition and raise awareness of Sudden Cardiac Death
- Work to ensure all high school graduates are trained in CPR and AED life-saving skills
- Fund research allowing scientists to chart a course for better SCA survival outcomes that includes consistent, accurate data collection across the country

While in Washington, the SCAC awarded their Outstanding Achievement in SCA



Sudden Cardiac Arrest Coalition members and winners of the Outstanding Achievement in SCA Awareness Award practicing CPR.

Awareness Awards to three journalists and a congresswoman. Two senior editors at Forbes received the award for their extensive reporting on SCA. David Epstein, a staff writer for *Sports Illustrated*, was recognized for writing a 2007 *Sports Illustrated* cover story, "Following A Trail of Broken Hearts". The article discussed a congenital cardiovascular



JoAnne Babbitt and David Epstein, a staff writer for *Sports Illustrated*, who was recognized for writing "Following A Trail of Broken Hearts", a 2007 *Sports Illustrated* cover story at the Sudden Cardiac Arrest Coalition meeting in Washington, D.C.

abnormality that took the life of Epstein's friend and former training partner. The final award went to Congresswoman Betty Sutton who sponsored the Josh Miller Hearts Act. This is one of the many pieces of legislation the Coalition and our Foundation are supporting.

The Sudden Cardiac Arrest Coalition is comprised of more than 40 organizations passionate about preventing Sudden Cardiac Arrest (SCA) deaths through legislative initiatives that lead to greater public awareness, research, and access to life-saving therapies. As a coalition member, the John Taylor Bab-

bitt Foundation will continue to actively partner with other organizations on national issues that have the opportunity to bring about meaningful change that will save lives.

As a whole, the Coalition and its membership:

- Recognizes that SCA is a leading cause of death in the U.S., claiming more than 295,000 lives annually, and, as such, demands our urgent attention
- Supports the need for SCA public education/awareness initiatives, as well as the need for more research into the causes and risk factors of SCA in youth and adults
- Recognizes that increased awareness of the causes and risk factors of SCA will lead to improved identification of high-risk patients and ultimately save lives
- Takes action to ensure that all victims of SCA have prompt access to the life-saving therapies of cardiopulmonary resuscitation (CPR) and external defibrillation, including the use of automated external defibrillators (AEDs)
- Recognizes that more widespread citizen CPR and AED training is needed and that individuals need to be empowered to take action and administer emergency care
- Takes action to ensure that those who can be identified to be at high risk for SCA have access to therapies, including implantable cardioverter defibrillator (ICD) and/or cardiac resynchronization (CRT) therapy

For additional information about the Sudden Cardiac Arrest Coalition and our current initiatives, please visit the web site at [www.stopcardiacarrest.org](http://www.stopcardiacarrest.org).

# JTB HEART CLUB UPDATE

## EMPOWERING OUR YOUTH TO MAKE A DIFFERENCE AND SAVE LIVES

Four years ago, Foundation board members introduced the concept of "JTB Heart Clubs" at high schools and colleges in order to help raise awareness and prevent sudden cardiac death within their own communities. JTB Heart Clubs are founded, organized and run by students on high school or college campuses and contribute to the foundation mission by focusing on four goals: Advocacy, Education, Defibrillators and Fundraising.

We are pleased to announce we currently have or are in the process of starting clubs at over eight high schools and college campuses. Foundation Vice President JoAnne Babbitt explains that "providing students with the necessary tools so they can be advocates in preventing sudden cardiac death is a key component of our overall mission. We have seen firsthand how valuable CPR/AED training is for young adults by the numerous lives that have been saved using these life saving skills."

We are pleased to share with you some of this year's JTB Club Highlights....

### FAIRFIELD UNIVERSITY LAUNCHES JTB HEART CLUB



*John, Dave and JoAnne Babbitt join members and sponsor of the newly organized Fairfield University JTB Heart Club.*

On Sunday, May 1st, Fairfield University and the JTB Foundation launched the Fairfield University JTB Campus Heart Club. The event was highlighted by a barbecue attended by over 100 students, faculty, staff and Foundation board members. JTB Foundation President Dave Babbitt spoke to the students about how important it was for them and for people of all ages to learn how to recognize sudden cardiac arrest, learn CPR and become familiar with AEDs. He also invited the students to work with the school's administration to identify how they could help Fairfield University with their "heart safety" initiatives.

The Fairfield Heart Club is being sponsored by The Center for Faith and Public Life at Fairfield and will focus on the Foundation objectives of Advocacy, Education and Defibrillator usage and placement. Specific Club initiatives are being formulated over the summer by this year's student officers Cacky Keating, President; Kelly McCabe, Vice President; Pat McCahill, Treasurer; and Stephen Gardner, Secretary.



*Fairfield University Heart Club student officers Cacky Keating, President and Kelly McCabe, Vice President man the table at the Heart Club Kick Off BBQ.*

Many thanks to this year's graduating seniors, Sean Donovan and Devon Porrino as well as The Center for Faith and Public Life's Father Rick Savage and John Suggs for all their hard work and dedication in partnering with the Foundation to form the Club.

### CHATHAM HIGH SCHOOL – RAISING AWARENESS!

Under the leadership of Club co-Presidents Adam Rosenzweig and Sarita Sooklal, the CHS JTB Heart Club began this year and focused on the club goals of advocacy and education. In October, students set up a Foundation information booth at the Chatham Farmer's Market....followed by a holiday "gift wrapping" and informational



*Chatham High School Heart Club co-Presidents Adam Rosenzweig and Sarita Sooklal are joined at the JTB Foundation information table by JoAnne Babbitt and club members at the October Farmer's Market in Chatham.*

event held in December at Barnes and Noble. The school year ended with an information event at the annual Chatham Fishawack Festival in June. Club members



*Dave Babbitt joins the Chatham High School Heart Club at the holiday wrapping event at Barnes and Noble Bookstore.*

used all three of these events to speak with visitors about sudden cardiac arrest legislation, training and screening initiatives as well as the importance of AED placement in places of public assembly. Board member LeeAnne Lan stated that "these students are committed to helping the JTB Foundation get the word out. Their continued attendance and support of the Foundation's various outreach events has helped to identify the Foundation with area youth. Visitors at the information tables enjoy speaking with the students and are impressed with their knowledge and commitment to our cause."

Many thanks to the Chatham Key Club and the High School Administration for all the support!

### THE PINGRY SCHOOL ..... CONTINUING SUPPORT.....



*Members and volunteers of The Pingry School Heart Club work on the foundation's fall mailing.*

Students from The Pingry School continue to support the Foundation through fundraising initiatives and preparing informational mailings. The club also held two bake sales during the school year which raised over \$800.00 to support AED placement and training initiatives.

# Foundation Awards Grant for Genetic Research in HCM

HCM is a complex genetic disease for which there are currently upwards of a dozen different genes whose many associated mutations (more than 1,000) are involved in heart muscle function. Despite this large number of identified genetic mutations, a significant fraction of individuals with HCM (perhaps half of all patients) do not have any of these and are presumed to have *as-yet-unidentified mutations*.

A perhaps more intriguing aspect of HCM is the wide range of physical health status exhibited by individuals with identifiable mutations. It is estimated that up to 1 in 500 Americans may have a genetic mutation as-

sociated with HCM, and yet the number of individuals at risk for sudden cardiac death is much smaller. One of the most important areas for research is to understand the disease mechanism – ***how do genetic mutations lead to defects in the heart? What factors – genetic, environmental, and other – cause the mutations to sometimes be benign and other times result in disarray in heart muscle tissue, thickening of the ventricular wall, and serious risk of SCD?***

The JTB Foundation is happy to announce the awarding and launching of our first research grant to Tufts Medical Center under the principal leadership of Dr. Gordon Hug-

gins to study genetic modifiers for HCM disease expression.

Dr. Gordon Huggins in the Molecular Cardiology Research Institute at Tufts Medical Center has partnered with Dr. Martin Maron, director of the Tufts Medical Center Hypertrophic Cardiomyopathy Clinic, for several years to research genetic factors that contribute to HCM. The broad goal of this research collaboration is to better define the many genetic factors that cause HCM as well to identify genes that alter the HCM disease presentation.



Research group at Molecular Cardiology Research Institute at Tufts Medical Center. From left Michelle Arya, Alicea Alessandra, Wesley Spiro and Gordon Huggins.

## JTB HEART CLUB UPDATE (continued)

As in previous years, the Pingry JTB Heart Club was actively involved in supporting our annual "WALK WITH HEART" (see Walk With Heart article). This year, that involvement also included students from the Pingry Middle School. JoAnne Babbitt, Foundation Board Vice President, and Kelly Peloquin, Foundation Program Volunteer, spoke at a Middle School Assembly about sudden cardiac arrest and how the students can promote the goals and objectives of the club and the JTB Foundation as a whole. The assembly was followed by students making heart key chains to sell at the WALK WITH HEART 2011.

Our deep appreciation to Pingry Faculty and JTB Foundation Board Member Leslie Wolfson as well as the entire Pingry community for all their dedication and support.

### DELBARTON – INCREASING STUDENT AWARENESS ABOUT SUDDEN CARDIAC ARREST AND AEDs

Initiated by Delbarton Sophomore, JP Campbell, the Foundation was on hand at Delbarton's Annual Blood Drive to provide information on the cardiac chain of survival as well as the goals and objectives of a JTB



Delbarton students, JP Campbell and David Murphy man the JTB Foundation's information table during the school's annual blood drive.

Heart Club. Bill Nauta, from Atlantic Health Systems, joined the students to demonstrate the use of an AED and to speak about the critical importance of CPR.



Atlantic Health's CPR/AED Trainer Bill Nauta displays a portable AED at Delbarton's annual blood drive.

We look forward to continuing our work with Delbarton as they take steps to launch a JTB Heart Club this coming school year.

### VILLANOVA UNIVERSITY – RAISING FUNDS TO PURCHASE CAMPUS AEDs

Student Club leaders Joe McLaughlin, Colleen Caufield and Natalie Schifano organized two fundraising events this past year and raised over \$2000.00 which will be used towards the purchase of AEDs for the Villanova Campus.

The Foundation is honored to work with these young adults by empowering them to play a role in helping to prevent sudden cardiac death. Make sure you visit our web site [www.jtbfoundation.org](http://www.jtbfoundation.org) to learn more about future JTB Heart Club initiatives and to obtain information about how you can start a club at your own school!

This summer the JTB Foundation funded a grant to Dr. Huggins to study, in particular, the FHOD3 gene and its association with HCM disease expression. Early findings by Dr. Huggins on FHOD3 were presented to the scientific community at the American Heart Association this year and, with the support of JTB, Dr. Huggins and his team plan to publish a more complete analysis of this gene. Specific activities to be supported by the JTB grant funding include:

- The collection and purification of DNA from patients treated in the Tufts Medical Center HCM clinic to substantially increase the "bank" of DNA samples
- Further detailed scientific studies on FHOD3 to determine its role in disease expression and severity in HCM
- The support and development of a student trainee who intends to pursue a career in medicine or biomedical research and will work in Dr. Huggins lab for a year on the grant

We are excited for this next step in our Foundation activities and look forward to sharing news and results from this project over the coming year. Thanks to board members Diane Duffy and Marianne Andreach for their commitment to helping the Board understand the research proposal and its relation to the Foundation's goals and objectives.

## New Jersey AED Legislation – Where Do We Stand?

To save victims of sudden cardiac arrest, at least two conditions must exist: (1) automated external defibrillators (“AED”s) must be widely available, and (2) bystanders who witness a person suffering a sudden cardiac arrest must be proactive in using AEDs. The current New Jersey AED law (the “Public Access Defibrillator Law of 1999”), however, is an impediment to the existence of both of these necessary conditions. Under the current New Jersey AED law, not all laypersons (persons who are not licensed paramedics, EMTs or first responders) who attempt to save the life of a victim of a sudden cardiac arrest by using an AED are protected from liability. The only lay AED users specifically granted immunity from lawsuits under the statute are persons holding a current certification in CPR/AED rescue procedures. In fact, the statute states that a person not currently certified in CPR/AED rescue procedures shall not use a defibrillator. However, when an emergency strikes, a person who is not trained in CPR/AED rescue might be the only hope the victim has. Fewer than 10% of victims of sudden cardiac arrest survive if they do not receive a shock from an AED in the first few minutes after the attack occurs. With timely AED and CPR intervention, it is estimated that between 50% - 70% of sudden cardiac victims will survive. ***One of the primary goals of The John Taylor Babbitt Foundation is to promote legislation that will make AEDs more accessible, and accordingly, increase the chances that a victim of sudden cardiac arrest will survive.***

To understand the issue, it is important to know a little bit about how AEDs work. AEDs are devices (about the size of a laptop) that can automatically analyze the heart rhythms of a person who has suffered a sudden cardiac arrest. They are stored in emergency boxes, much like fire extinguishers. A person attempting to rescue a victim of sudden cardiac arrest must immediately retrieve the AED, turn it on and follow the voice prompts, which will instruct the user to attach electrode pads to the chest of the victim. If an AED determines that a shock is necessary to restore a normal heart rhythm, it will deliver a shock to the victim. For AED intervention to be successful, the AED must be deployed immediately by someone at the scene of the emergency. In most cases, if a bystander were to wait for the arrival of EMS personnel, the victim will not survive. Fortunately, today, AEDs are very easy to use. Voice, written and picture instructions walk a rescuer through the few simple steps. The AED, not the user of the AED, analyzes whether or not the victim should receive a shock.

Some New Jersey municipalities are reluctant to place AEDs on their playing fields or in other public spaces because they are concerned that they and/or their residents are not protected from lawsuits under the current statute. An amendment to the New Jersey AED statute that would provide immunity for good faith users and acquirers of AEDs would alleviate these concerns and increase the likelihood that AEDs will be more accessible to the public. Many states, including New York and Connecticut, have already enacted AED legislation to protect untrained users of AEDs who act in good faith to try to save a person’s life by using an AED. Legislation was introduced in the New Jersey Legislature that would amend the current AED law, to provide, among other things, immunity from lawsuits for persons who, in good faith through the use of an AED, attempt to save the life of a victim of sudden cardiac arrest, whether or not the potential rescuer is trained in CPR/AED rescue. This legislation has languished in the New Jersey legislature for several years. The JTB Foundation has been actively involved over the past year in working to encourage the passage of this amendment. We are pleased to announce that the American Heart Association has partnered with The JTB Foundation to achieve this goal of passing an amendment to New Jersey’s AED law.

For the amendment to become law, it has to be approved by both the Assembly and the Senate of the New Jersey State Legislature. Before it is presented to these bodies for a vote, it must be approved by the Judiciary Committees of both the Assembly and the Senate. Board members of The JTB Foundation together with Corinne Orlando, New Jersey Director of Government Affairs for the American Heart Association, have met with several members of the New Jersey Legislature and/or members of their staffs. They include Senator Nicholas Scutari, Judiciary Chair of the New Jersey Senate, and his Chief of Staff, Frank Stabile, Brandon Goldberg, Chief of Staff for Assemblyman Peter Barnes, Judiciary Chair of the Assembly, and Assemblywoman Nancy Munoz, who is one of the sponsors of the amendment and represents Chatham Borough. The purpose of our meetings was to present our case in favor of the amendment and to ask for their support. The New Jersey AED law must be amended to provide protection for acquirers, owners and users of AEDs. The JTB Foundation is committed to continue to work for legislative reform so that more victims of sudden cardiac arrest will have a fighting chance.

## “MAKING A DIFFERENCE”

### ....JTB FOUNDATION AND AUTOMATED EXTERNAL DEFIBRILLATORS .....

It is the firm belief of the Foundation that the combination of available AEDs and trained individuals has the largest impact on saving lives. Soon after placing defibrillators on the playing fields in Chatham, NJ, we developed a comprehensive guide for other communities and organizations to use should they choose to implement a similar program. Over the past year, the JTB Foundation has responded to requests from numerous communities, businesses, schools and sports organizations for assistance in implementing their own programs. Our work involves recommending the appropriate types of AEDs to purchase, conducting site assessments, addressing safety and security concerns, recommending medical oversight solutions, and explaining legal issues. None of this work would have been possible without the support of Atlantic Health Systems...which in many cases donated time and provided valuable advice to help us and the many communities and organizations implement AED programs.

In addition to helping communities create their own “heart safe” environments, we are also pleased to report that over the past two years, we have donated **16 AEDs** to various organizations in need and have funded over **4 AED/CPR training classes**. We look forward to continuing our efforts to ensure all places of public assembly have AEDs readily available and accessible!

### SELECT A MEANINGFUL GIFT TO HONOR A LOVED ONE...



**\$250.00** – buys an external defibrillator cabinet (share \$50.00)

**\$500.00** – buys CPR/AED training class for 10 people (share \$100.00)

**\$1500.00** – buys an AED (share \$500.00)

...all designated gift donations will receive special mention in our newsletter. The donation of an AED will include a plaque dedicating the device donation in honor and memory of your loved one.



## Foundation Hosts Event Highlighting Prevention of Injuries and Cardiac Arrest in Sports

### Concussions, knee injuries among discussion points at Pingry's Hauser Auditorium.

Experts and activists gathered on in February at the Hauser Auditorium at The Pingry School's Martinsville Campus to discuss something that has increasingly become a hot-button topic in recent years: the effect of sports injuries on our youth.



The evening -- entitled "Mitigating Sports Risks for Students" -- was sponsored by the John Taylor Babbitt Foundation, and was a wonderful opportunity for the Foundation to raise awareness about sudden cardiac arrest and prevention of sudden cardiac death especially among young people and student athletes.

The event, which featured guest doctors with expertise in the fields of concussions, ACL injuries, and sudden cardiac arrest, was the first of its kind for the JTB Foundation.

"This is a new way for us to reach out to the community, to have an event like this," said Dave Babbitt. "What's nice about this (is) having people who have a need for an understanding of these issues. It's very important for us."

The presentation was attended by athletic trainers, coaches, parents, and student athletes alike, who were able to participate in a Q & A session with the doctors in attendance.

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Now on Twitter  
@TheJTBTweet

## The John Taylor Babbitt Foundation Holiday Luncheon Sells Out!

On December 8<sup>th</sup> 2010, the John Taylor Babbitt Foundation (JTB Foundation) was honored to sponsor the 16<sup>th</sup> Annual Holiday Charity Luncheon at Fairmount Country Club.

As over 275 friends and family gathered for the day's event they were greeted



Beautiful music was provided by the Chatham High String Ensemble.

by wonderful music courtesy of the Chatham High School String ensemble. Old friends and new greeted each other as they viewed over 40 basket and auction items and explored other gifts for sale by the ten vendors in attendance for the day's event.

JoAnne and Dave Babbitt opened the lunch hour with a warm greeting and a brief summary of the milestones that the Foundation achieved during the past year.

After lunch, winning tickets were drawn for the fabulous basket items, which this year included an Apple iPad, a bike, jewelry and a deluxe outdoor gas grill. All of the basket and auction items were graciously donated by local businesses and many generous

friends of the Foundation.

Once again the event proved to be a huge success and a wonderful way to kick off the holiday season. The day also exemplified the continued love and support from the community for the JTB Foundation.



LeeAnne Lan and JoAnne Taylor Babbitt look at the wonderful gift items donated by local businesses and friends.

As with any event of this magnitude its success relies on the generosity of others. The Babbitt family and the JTB Foundation Board, would like to thank all of the volunteers who supported the event with many dedicated hours of hard work and the businesses and friends who donated financially in support of the goals and objectives of the Foundation.



## The New Jersey Student Athlete Cardiac Screening Task Force Begins Work

The New Jersey Student Athlete Cardiac Screening Task Force was created by law in 2010 as a response to the deaths of student athletes in the state. The seven-member task force is "responsible for studying, evaluating and developing recommendations regarding specific measures to enhance the cardiac screening process of hypertrophic cardiomyopathy and other cardiac conditions in student athletes." In March of this year the Task Force issued an informational brochure which was sent to the heads of all school districts in the state with mandatory distribution to parents and guardians of every student athlete.

The brochure provides information on the common causes of sudden cardiac death in young athletes, warning signs, and screening recommendations in an easy to understand, question-and-answer format. The final section of the brochure addresses AEDs and states:

- Have an AED at every sports event (three minutes total time to reach and return with the AED)
- Have personnel who are trained in AED use present at practices and games
- Have coaches and athletic trainers trained in basic life support techniques (CPR)
- Call 911 immediately while someone is retrieving the AED

We applaud the effort of the Task Force and are happy to see this important informational communication on student athlete cardiac health. The Foundation is encouraged to see that the state is beginning to recognize the importance of providing information on sudden cardiac arrest to schools and their athletes. To obtain a copy of "Sudden Cardiac Death in Young Athletes," please visit our website at [www.jtbfoundation.org](http://www.jtbfoundation.org).

"The American Academy of Pediatrics/New Jersey Chapter recommends that schools:

# Foundation Hosts Event Highlighting Prevention of Injuries and Cardiac Arrest in Sports (continued from page 7)

Dr. Mark Silberman, a specialist in sports medicine and Director of the New Jersey Sports Medicine and Performance Center, also specializes in concussions, and brought forth some alarming facts about concussions. "Symptoms might be mild, but in no way is there such a thing as a mild concussion," said Silberman. "It's just like a stroke or a heart attack. A stroke is still a stroke, and a heart attack is still a heart attack."

"What you teach on a ball field carries over into life," said Silberman, "and will make a huge difference in all our lives."

Dr. John Hurley, a sports medicine specialist who specifically treats injuries of the knee and shoulder with the Summit Medical Group, was the next to speak. Dr. Hurley focused on the occurrence of ACL (anterior cruciate ligament) injuries in the knees of female athletes.

The information Dr. Hurley presented was alarming, in that it showed that young women who participate in sports are four-to-eight times more likely to suffer an ACL injury than their male counterparts. Injury preven-

tion, according to Dr. Hurley, is paramount to athletic success in all sports.

Dr. Martin Maron, the Director of the Hypertrophic Cardiomyopathy Center and Co-Director of Advanced Cardiac Imagine at Tufts Medical Center in Boston, was the last to speak on his expertise—sudden cardiac arrest.

Dr. Maron explained that deaths of young athletes have been on the rise in the United States over the past couple of decades—and that a majority of them have been caused by some cardiovascular problem. Even more alarming is the fact that, in America, one athlete dies every three days.

"As a society, we generally perceive young athletes to be the healthiest segment of our population," said Maron.

Sudden cardiac death is especially prevalent in basketball and football. Combined, the two sports account for 90% of young athlete deaths caused by SCD.

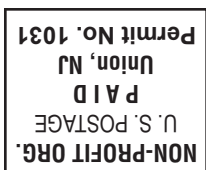
Thirty-six percent of cardiac deaths are

caused by proven cases of Hypertrophic Cardiomyopathy, or HCM, which is a thickening of the heart that can begin as early as infancy. The condition is defined by an abnormal muscular substrate of the heart, which can cause a heart to go into cardiac arrest. Dr. Maron advises that, as a precaution, those with HCM stay away from ultra-competitive, strenuous physical activity, while still maintaining a healthy, fit lifestyle.

"The abnormal substrate sets up the opportunity to generate abnormal rhythms, especially in organized sports," said Maron.

The abnormal rhythm, which Dr. Maron described as "chaotic" —must be treated quickly—for every minute a heart stays in a state of cardiac arrest, that person's chances of survival decrease by about ten percent."

In the end, the event raised awareness of sudden cardiac arrest, as well as knowledge of how to treat other sports injuries, which was the overall mission of the program and all part of the JTB Foundation's overall mission. "The Foundation has really taken off, and is making an impact," said Maron.



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