



The 2019 S.C.A.R.F. Ambassadors

Sudden Cardiac-Death Awareness Research Foundation

THE 2019 S.C.A.R.F. GALA SHOWCASES ITS SUCCESSFUL STUDENT AMBASSADORS

ON JULY 27, the Sudden Cardiac-Death Awareness Research Foundation (S.C.A.R.F.) hosted its 2nd Rhythm of Life Gala at the Marriott in Schaumburg. S.C.A.R.F. was founded by Barrington area residents Drs. Rubina and Paul Nguyen to eradicate the number one killer in the United States today—sudden cardiac arrest.

This annual event focuses on increasing awareness of sudden cardiac death. In addition, it highlights S.C.A.R.F.'s various programs, including its automated external defibrillator (AED) donation program and its Mentorship and Career Guidance program.

The AED donation program has donated 16 AEDs throughout Illinois and beyond so far in 2019, and has a goal to donate a total of 25 by the end of the calendar year. AEDs are crucial in S.C.A.R.F.'s mission to eradicate sudden cardiac arrest because when applied prior to ambulance arrival, they can triple a person's survival rate. Cardiac arrest occurs within minutes so every second counts.

The 2019 Mentorship and Career Guidance program hosted its largest class yet with 50 high school and college interns from area high schools, colleges, and several Barrington High School students.



S.C.A.R.F. Ambassadors Isha Davit, Aashna Kalwani (BHS) and Nisha Janamanchi (BHS)



S.C.A.R.F. Founders Drs. Rubina and Paul Nguyen



S.C.A.R.F. gala guests (from left) Armaan Ali, Amani Alvi, Saira Alvi, Dr. Aijaz Alvi, Dr. Nishat Alvi, and Sanya Goyal



Drs. Paul and Rubina Nguyen celebrate with Afrah Ahmed (BHS) at the S.C.A.R.F. Ambassador recognition ceremony.



Millen Srivastava, a BHS alumna and student liaison to the S.C.A.R.F. Board of Directors spoke at the gala.



Kamal and Preeti Dhawan, parents of S.C.A.R.F. Ambassador Kunaa; Dhawan (BHS Alumna)

They spent eight weeks with the S.C.A.R.F. team researching health care topics, rounding with physicians, working on community outreach programs, and more. S.C.A.R.F. hosted several fundraising and community awareness events including the popular Dance for Life, hosted by S.C.A.R.F. Board Member and Barrington resident Millen Srivastava. S.C.A.R.F. Administrative team members Dr. Sarah Alfano and Leslie Guerrero hosted Fit for Life, an Orangetheory fitness class, and S.C.A.R.F. Ambassador Neehar Shah hosted Spike for Life, a beach volleyball event.

The students learn the importance of philanthropy and giving back. They also learn about professionalism through mock interviews, guest speakers, and teaching by the S.C.A.R.F. team. They work in teams of 3–5 to conduct research on various health topics and present these during the Scientific Symposium which occurs before the gala each year. After presenting to a panel of judges, this year’s winning poster was R.E.S.T., which covered the topic of sleep apnea, and was presented by Shalin Kadakia, Shravi Kothari, and Ananya Sehgal (BHS). Sleep apnea remains a critical focus when talking about sudden cardiac arrest as the most common hours of cardiac arrest are between midnight and 6 a.m., indicating a link with sleep apnea.

For more information about S.C.A.R.F. or any of its programs, visit www.scarfnw.org



Drs. Rubina and Paul Nguyen with the Dr. Harvinder Sareen Scholarship recipient, Morish Shah



Left: Second Place for the student's research project was earned by (from left) Sophia Nguyen (BHS), Neehar Shah, Neal Shah, and Nisha Janamanchi (BHS) for "V.I.R.T.U.A.L.", a study in integrating AI into medicine.



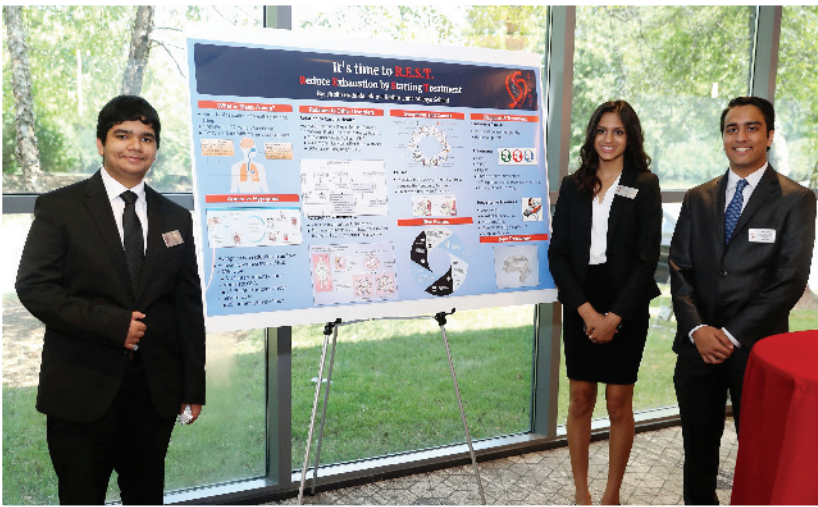
Johnny Quinn, United States Olympian and author of "Push", spoke at the event.



S.C.A.R.F. guests (from left) Simrin Raju (BHS), Sophia Nguyen (BHS), Dr. Nerihan Hadji (Board Member), Mirijeta Hadji, Nev Fazlioski, and Justin Nguyen (Prairie Middle School).



S.C.A.R.F. gala guests (from left) Pushkar Srivastava, Namita Jain, Millen Srivastava (BHS Alumni), Vinita Srivastava, Jeevan Srivastava (BHS), and Sanjiv Jain.



First Place for the student's research project was earned by (from left) Ananya Sehgal (BHS), Shravi Kothari, and Shalin Kadakia for "R.E.S.T.", a study of sleep apnea and its symptoms and treatment.