Sports Cardiology Summit 2012: Protecting the Heart of the American Athlete

October 19 - 20, 2012
Heart House
Washington, D.C.

AGENDA

Friday, October 19

7:00 a.m. **Registration**
Continental Breakfast

7:45 a.m. **Welcome and Overview**
Dr. Kovacs

Session I: Defining the American Athlete and Cardiovascular Adaptation to Sports and Exercise
Moderator: Dr. Kovacs

8:00 a.m. **The Expanding Role of the Cardiologist and Cardiovascular Care Associate in the Care of the American Athlete**
Dr. Lawless

8:20 a.m. **Marathons to Weight Lifting:**
Cardiovascular Adaptations to Training and Sport
Dr. Baggish

8:40 a.m. **Considerations in Extremes:**
Underwater and High Altitude
Drs. Bove and Levine

9:00 a.m. **Age Matters:**
The Physiology of Pediatric, Adolescent and Ageing Athletes
Dr. Roberts

9:20 a.m. **Panel Discussion**
Drs. Baggish, Bove, Lawless, Levine and Roberts

9:45 a.m. **Break**

Session II: Causes, Epidemiology and Prevention of Sudden Death in Athletes
Moderator: Dr. Bove

10:00 a.m. **Controversies in the Epidemiology and Treatment of Sudden Death in Athletic Populations**
Dr. Thompson

10:15 a.m. **Debate: ECG Screening Has a Role to Prevent Sudden Cardiac Arrest in Athletes**

Pro
Dr. Vetter

Con
Dr. Levine

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10:35 a.m. **Pre-participation CVD Screening Programs in the USA: Experience with Varying Models and Athletes**

Youth: Philadelphia High Schools
Dr. Vetter

Collegiate: NCAA Current Practice and Future Initiatives; University of Nebraska
Drs. Asplund and Lawless

Professional: National Football League (NFL) and Major League Soccer (MLS) Cardiac Screening Programs
Drs. Kovacs and Lawless

11:15 a.m. **Principles of Return to Play Recommendations: Pros and Cons of Existing Participation Guidelines**
Dr. Lawless

11:30 a.m. **Panel Discussion and Questions and Answers**
Drs. Asplund, Kovacs, Lawless, Levine, Thompson and Vetter

12:00 p.m. **Lunch**
Case Study: Anomalous Origination of a Coronary Artery from the Opposite Sinus in a Nine-year-old Boy
Guest Speakers: Mr. and Mrs. Ludwig

Session III: Interpreting Cardiac Diagnostic Tests in Athletes: Best Practices
Moderator: Dr. Thompson

1:30 p.m. **How to Interpret an ECG in an American Athlete**
Drs. Kovacs and Lawless

2:00 p.m. **Cardiac Imaging in Athletes: Distinguishing Normal from Pathologic**

Echo
Dr. Baggish

MRI
Dr. Martinez

Pediatric
Dr. Vetter

2:45 p.m. **Role of Genetic Testing in Athletes: Interpretation of Tests**
Dr. Link

3:00 p.m. **Panel Discussion and Questions and Answers**
Drs. Baggish, Kovacs, Link, Martinez and Vetter

3:30 p.m. **Break**

Session IV: Role of the Cardiac Practitioner in Screening, Participation Decisions and Return to Play

3:45 p.m. **Concurrent Sessions**

Case Breakout 1:: Role of the Adult Cardiologist and the Cardiac Care Associate in Participation Decisions: Use and Evidence- Base of Guidelines

Overview of Current Guidelines- ACC, AHA, ESC

Drs. Asplund, Baggish, Bove and Thompson
Drs. Kovacs, Levine and Olshansky
Drs. Roberts, Lawless and Martinez
Ms. Gordon

Case 1: 18-year-old NCAA Basketball Player with Abnormal Echocardiogram

Case 2: 20-year-old Collegiate Athlete with Near Syncope and Rhythm Disturbance

Case 3: 35-year-old Male Bodybuilder with Atypical Chest Pain and LVH on Echo Taking Steroids and HGH

Case 4: Baby Boomer Athlete with Long QT and Coronary Artery Disease

Case Breakout 2: Role of the Pediatric Cardiologist and the Cardiac Care Associate in Participation Decisions and Return to Play in Youth Athletes
Use and Evidence Base of Guidelines

Overview of Current Guidelines - ACC, AHA, ESC

Drs. Link and Vetter

Case 1: 14-year-old Football Player with BAV and Moderate-severe Aortic Stenosis

Case 2: 17-year-old High-level Basketball Athlete with Syncope

Case 3: 16-year-old Track Star with Newly Found Asymptomatic WPW

Case 4: 15-year-old Girl with Subaortic Stenosis, CX Coronary Artery

Case 5: 18-year-old Girl Elite NCAA Division 1 Squash Player with Prolonged QT

5:15 p.m. **Adjournment**

Saturday, October 20

6:45 a.m. **Continental Breakfast**

7:00 a.m. **Interactive Workshops: How to Work with Sports Organizations and Team Physicians**

a. **Pro-Team Cardiologists - NFL, NBA, MLB, NHL, MLS**
b. **NCAA Team Cardiologists**
c. **Youth Sports Cardiologists (High School, Travel and Club Sports)**
d. **Marathon and Endurance Sports Cardiologists/CCAs**

7:45 a.m. **Feedback from Facilitators in Workshops**

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Session V: Sports Electrophysiology and Unique Needs of the Athlete
Moderators: Drs. Levine and Martinez

8:00 a.m. **Syncope in Athletes**
Drs. Link and Roberts

8:30 a.m. **Atrial Fibrillation and WPW; Ablations, Implantable Devices and Implantable Monitoring**
Drs. Olshansky and Vetter

9:00 a.m. **Panel Discussion**
Drs. Link, Olshansky, Roberts and Vetter

Session VI: Exercise Prescription in Those with Heart Disease:
Interpreting Cardiac Diagnostic Tests in Athletes: Best Practices
Moderators: Drs. Olshansky and Thompson

9:20 a.m. **Exercise Is Medicine**
Dr. Roberts

9:40 a.m. **Disqualified from Sports? Prescribing Level of Activity in Those with Heart Disease**
Dr. Thompson

10:00 a.m. **Break**

10:15 a.m. **Cardiac Effects of Prescription Drugs, Supplements, Steroids, Energy Drinks and Recreational Drugs**
Dr. Bove

10:40 a.m. **Legal Considerations in Sports Medicine**
Dr. Asplund

11:00 a.m. **Roundtable with Selected Faculty**
Cases: Legal Aspects of Sports Cardiology and Working with Sports Teams
Facilitator: Dr. Lawless

11:45 a.m. **Course Adjournment**