

# CARE OF THE ATHLETIC HEART

FROM ELITE TO EXERCISE ENTHUSIASTS

June 6 - 8, 2024 | Washington, DC



## Thursday, June 6

### Optional Pre-Conference: CPET in Sports Cardiology

#### Moderator: Jeffrey Hsu, MD, PhD, FACC

Panel: Michael Emery, MD, MS, FACC; Bradley Petek, MD, FACC; Ankit Shah, MD, MPH, FACC; Meagan Wasfy, MD, MPH, FACC

- 1 - 1:05 p.m.      **Pre-Conference Introduction**  
Jeffrey Hsu, MD, PhD, FACC
- 1:05 - 1:20 p.m.      **Exercise Physiology Basics**  
Jeffrey Hsu, MD, PhD, FACC
- 1:20 - 2 p.m.      **Comprehensive CPET Interpretation**  
Meagan Wasfy, MD, MPH, FACC
- 2 - 2:20 p.m.      **Tips and Tricks For Interpreting the Athlete CPET**  
Ankit Shah, MD, MPH, FACC
- 2:20 - 3:15 p.m.      **CPET Live Demonstration**  
Moderator and Panel
- 3:15 - 3:30 p.m.      **Break**
- 3:30 - 5 p.m.      **CPET Cases**  
Moderator and Panel
- 5 - 5:45 p.m.      **Registration and Social Hour**

### Keynote and ECG Interpretation in the Athlete

#### Moderator: Dermot Phelan, MD, PhD, FACC

Panel: Eli Friedman, MD, FACC; Rachel Lampert, MD, FACC; Michael Papadakis, MBBS, MD, MRCP; Meagan Wasfy, MD, MPH, FACC

- 6 - 6:05 p.m.      **Welcome**  
Meagan Wasfy, MD, MPH, FACC
- 6:05 - 6:35 p.m.      **Keynote**  
Michael Papadakis, MBBS, MD, MRCP
- 6:35 - 7 p.m.      **The Athlete ECG: Beyond Red, Yellow and Green**  
Rachel Lampert, MD, FACC

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7 - 8:30 p.m.

## **ECG Interpretations: Test Your Skills!**

Moderator and Panel

## **Friday, June 7**

6 - 7 a.m.

### **Social Run/Walk**

7 - 8 a.m.

### **Registration and Breakfast**

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## **Cardiovascular Care of the Masters Athlete**

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### **Moderator: Matthew Martinez, MD, FACC**

Panel: Jeffrey Hsu, MD, PhD, FACC; Jonathan Kim, MD, MSc, FACC; Michael Papadakis, MBBS, MD, MRCP

8 - 8:05 a.m.

### **Welcome**

Meagan Wasfy, MD, MPH, FACC

8:05 - 8:40 a.m.

### **Debate: But Doc, I Feel Fine: Coronary Revascularization Without Symptoms**

*Pro* - Jonathan Kim, MD, MSc, FACC; *Con* - Michael Papadakis, MBBS, MD, MRCP

8:40 - 9:15 a.m.

### **Debate: Hearts of Stone: Use of Coronary Calcium Scoring in Athlete Patients**

TBD

9:15 - 9:35 a.m.

### **How I Do It: Management of ASCVD Risk in the Masters Athlete**

Jeffrey Hsu, MD, PhD, FACC

9:35 - 9:50 a.m.

### **Break**

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## **Deep Dive Into Prevention of Sudden Cardiac Death in Athletes**

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### **Moderator: Eli Friedman, MD, FACC**

Panel: Eugene Chung, MD, MSc, FACC; Eileen Handberg, PhD, ARNP, FACC; Jonathan Kim, MD, MSc, FACC; Sheela Krishnan, MD, FACC; Michael Papadakis, MBBS, MD, MRCP

9:50 - 10 a.m.

### **Understanding Social Determinants of Athlete Health**

Sheela Krishnan, MD, FACC

10 - 10:15 a.m.

### **Sudden Cardiac Arrest and Death in Athletes: Progress and Perspectives**

Jonathan Kim, MD, MSc, FACC

10:15 - 10:35 a.m.

### **How to Engage Your Community: Practical Aspects of Screening and Emergency Action Planning**

Eli Friedman, MD, FACC

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10:35 - 10:50 a.m. **Discussion: Community Engagement**  
Moderator and Panel

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## Shared Decision Making and Return to Sport Participation

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**Moderator: Rachel Lampert, MD, FACC**

Panel: Peter Dean, MD, FACC; Michael Emery, MD, MS, FACC; Nicholas Knapp\*; Matthew Martinez, MD, FACC; Brian Olshansky, MD, FACC\*

10:50 - 11:10 a.m. **Shared Decision Making: The Athlete's Perspective**  
Nicholas Knapp\*

11:10 - 11:30 a.m. **Discussion: Engaging Athletes in Shared Decision Making**  
Moderator and Panel

11:30 a.m. - 12:30 p.m. **Case Block: Difficult Return to Play Decisions**  
Moderator and Panel

12:30 - 1:30 p.m. **Lunch: Chat With the Experts**

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## Imaging the Athlete's Heart

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**Moderator: Meagan Wasfy, MD, MPH, FACC**

Panel: Sabiha Gati, MBBS, MRCP, PhD\*; Matthew Martinez, MD, FACC; Dermot Phelan, MD, PhD, FACC

1:30 - 2 p.m. **Pearls and Pitfalls in Imaging the Athlete's Heart**  
Matthew Martinez, MD, FACC

2 - 3 p.m. **Pushing the Limit: Athlete Imaging Cases**  
Moderator and Panel

3 - 3:15 p.m. **Break**

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## Cardiovascular Care of the Young Athlete

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**Moderator: Peter Dean, MD, FACC**

Panel: Benjamin Levine, MD, FACC; Dermot Phelan, MD, PhD, FACC; Keri Shafer, MD, FACC\*; Tamanna Singh, MD, FACC

3:15 - 3:35 p.m. **Approach to the Athlete with Aortopathy**  
Dermot Phelan, MD, PhD, FACC

3:35 - 4:35 p.m. **Case Block: Horses vs. Zebras in the Young Athlete**  
Moderator and Panel

4:35 - 4:55 p.m. **Do's and Don'ts of Genetics Evaluation in the Athlete**

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Belinda Gray, MBBS, PhD\*

4:55 - 5 p.m.

**Friday Wrap-Up**

## Saturday, June 8

7 - 7:30 a.m.

**Breakfast**

7:30 - 7:45 a.m.

**State of the Section**

Jonathan Kim, MD, MSc, FACC

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### Cardiovascular Considerations For Exercise in the Extremes

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**Moderator: Eileen Handberg, PhD, ARNP, FACC**

Panel: Elizabeth Dineen, DO, FACC; Benjamin Levine, MD, FACC; Caroline Murphy, MD, FACC; Tamanna Singh, MD, FACC

7:45 - 8:45 a.m.

**Highs and Lows: Athlete Exposure to Altitude, Diving and Extreme Temperatures**

Benjamin Levine, MD, FACC; Elizabeth Dineen, DO, FACC; Caroline Murphy, MD, FACC

8:45 - 9:05 a.m.

**Fuel to the Fire: Diet, Supplements and Performance Enhancing Drugs**

Tamanna Singh, MD, FACC

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### Cardiovascular Care of the Tactical Athlete

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**Moderator: Elizabeth Dineen, DO, FACC**

Panel: Mark Haigney, MD, FACC; Benjamin Levine, MD, FACC; Caroline Murphy, MD, FACC

9:05 - 9:30 a.m.

**Occupation Not Competition: Nuances of the Cardiovascular Care of the Tactical Athlete**

Mark Haigney, MD, FACC

9:30 - 10:30 a.m.

**Case Block: Tactical Athletes With Cardiovascular Issues**

Moderator and Panel

10:30 - 10:45 a.m.

**Break**

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### Arrhythmias in the Athlete

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**Moderator: Ankit Shah, MD, MPH, FACC**

Panel: Eugene Chung, MD, MSc, FACC; Cicely A. Dye, MD, FACC; Mark Haigney, MD, FACC; Rachel Lampert, MD, FACC

10:45 - 11 a.m.

**Too Much of a Good Thing? Understanding Atrial Fibrillation and Exercise**

Ankit Shah, MD, MPH, FACC

11 - 11:20 a.m.

**Updates in Channelopathy Management in 2024**

Eugene Chung, MD, MSc, FACC

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11:20 a.m. - 12:20 p.m. **Case Block: Athletes With Arrhythmias**  
Moderator and Panel

12:20 - 12:30 p.m. **Wrap-Up**

\*=virtual presenter