

# CARE OF THE ATHLETIC HEART

FROM ELITE TO EXERCISE ENTHUSIASTS



OUTFRONT  
ON EDUCATION

## PRE-CONFERENCE SESSIONS

(Recordings from 2021 Care of the Athletic Heart)

### ECG Interpretation in Athletes: Back to the Basics!

Rachel Lampert, MD, FACC

### The Basics: Physiologic Basics of Exercise and Exercise Testing

Kathy E. Sietsema, MD

### CPET in Athletes: Outside the Bounds of Normal

Meagan Wasfy, MD, FACC

### Systematic Approach for CPET Interpretation

Kathy E. Sietsema, MD

## FRIDAY, JUNE 3

9:00 a.m.	<b>Welcome and Introductions</b> Dermot Phelan, BAO, MB BCh, PhD, FACC Meagan Wasfy, MD, FACC
-----------	---

## SESSION I: ATHLETE'S HEART 101

9:05 a.m.	<b>ECG Interpretation in The Athlete - To Test or Not to Test?</b> Moderator: Jonathan Kim, MD, MSc, FACC Panel: Aaron Baggish, MD, FACC; Andre La Gerche, MD; Rachel Lampert, MD, FACC; and Michael Papadakis, MBBS, MD
-----------	--

10:00 a.m.	<b>Imaging the Athlete's Heart - From Basics to Advanced</b> Moderator: Jeff Hsu, MD, PhD, FACC  <b>Imaging the Athlete's Heart: 101</b> Ankit Shah, MD, MPH, FACC <b>Sex and Racial Differences in Exercise-induced Cardiac Remodeling</b> Meagan Wasfy, MD, FACC <b>Cardiac Fibrosis in the Athlete: Etiology, Frequency, and Clinical Implications</b> Michael Papadakis, MBBS, MD
10:45 a.m.	<b>Break</b>

# CARE OF THE ATHLETIC HEART

FROM ELITE TO EXERCISE ENTHUSIASTS



OUT FRONT  
ON EDUCATION

## FRIDAY, JUNE 3 CONTINUED

### SESSION II: THE YOUNG ATHLETE – CHALLENGING CASES

Moderator: Dermot Phelan, BAO, MB BCh, PhD, FACC

Panel: Michael S. Emery, MD, MS, FACC; Matthew Martinez, MD, FACC; and Tamanna Singh, MD, FACC

11:00 a.m.	<b>Debate - Survivor of Sudden Cardiac Arrest – Let Them Play?</b> Pro: Michael Ackerman, MD, PhD, FACC Con: Barry Maron, MD, MACC Case Presenter: John Symanski, MD, FACC
11:40 a.m.	<b>Gray-Zone Athlete – Hypertrabeculation or LVNC – What's the Difference?</b> Aaron Baggish, MD, FACC Case Presenter: Aubrey J. Grant, MD
12:10 p.m.	<b>Extreme Conditions: Considerations for the Vocational/Tactical Athlete</b> Mark Haigney, MD Case Presenter: Robyn Bryde, MD
12:40 p.m.	<b>Break</b>

### NETWORKING

12:45 - 1:15 p.m.	<b>FIT and Early Career Networking</b> Join course faculty for an informal, small group networking opportunity. Connect with leading experts during topic-based discussions on how to establish yourself in the sports and exercise cardiology field, including research, professional development, team affiliations, and more! Jeff Hsu, MD, PhD, FACC Jonathan Kim, MD, MSc, FACC Matthew Martinez, MD, FACC Dermot Phelan, BAO, MB BCh, PhD, FACC Katie Stewart, NP Meagan Wasfy, MD, FACC
----------------------	---

### STATE OF THE SECTION

1:20 p.m.	<b>State of the Sports and Exercise Cardiology Member Section</b> Eugene H. Chung, MD, MSc, FACC
-----------	---

# CARE OF THE ATHLETIC HEART

FROM ELITE TO EXERCISE ENTHUSIASTS



OUT FRONT  
ON EDUCATION

**FRIDAY, JUNE 3 CONTINUED**

## SESSION III: THE MASTER ATHLETE – CHALLENGING CASES

Moderator: Meagan Wasfy, MD, FACC

Panel: Alfred Danielian, MD, FACC; Antonio B. Fernandez, MD, FACC; and Rachel Lampert, MD, FACC

1:30 p.m.	<b>Debate - Endurance Athlete with CAD – To Revascularize or Not</b> Pro: Andre La Gerche, MD Con: Manesh Patel, MD, FACC Case Presenter: Sheela Krishnan, MD, FACC
2:00 p.m.	<b>Heartache – Athlete with MVP and Ventricular Arrhythmias</b> Katie Stewart, NP Case Presenter: Prashant Rao, MBBS
2:30 p.m.	<b>A Sports Cardiologist's Approach to the Strength Athlete with Aortopathy</b> Dermot Phelan, BAO, MB BCh, PhD, FACC Case Presenter: Brad Lander, MD
3:00 p.m.	<b>Break</b>

## SESSION IV: HOT TOPICS IN SPORTS CARDIOLOGY

Moderator: Matthew Martinez, MD, FACC

Panel: Peter Dean, MD, FACC; Jonathan Kim, MD, MSc, FACC; Dermot Phelan, BAO, MB BCh, PhD, FACC; and Katie Passaretti, MD

3:15 p.m.	<b>Disparities in Sports Cardiology</b> Jonathan Kim, MD, MSc, FACC
3:30 p.m.	<b>Wearables in Sports Cardiology</b> Jeff Hsu, MD, PhD, FACC
3:45 p.m.	<b>COVID-19</b> Moderator: Matthew Martinez, MD, FACC <hr/> <b>Update on Return to Play Protocols and Current Data on Myocarditis Rates in Athletes</b> Matthew Martinez, MD, FACC <hr/> <b>Vaccinations and Boosters – Are They Risky for the Young Athlete?</b> Katie Passaretti, MD <hr/> <b>PASC – How Do I Evaluate and Treat My Athlete with PASC?</b> Benjamin Levine, MD, FACC
4:55 p.m.	<b>Closing Remarks</b> Dermot Phelan, BAO, MB BCh, PhD, FACC Meagan Wasfy, MD, FACC
5:00 p.m.	<b>Adjourn</b>

# CARE OF THE ATHLETIC HEART

FROM ELITE TO EXERCISE ENTHUSIASTS



OUT FRONT  
ON EDUCATION

## BONUS ON DEMAND CONTENT

(Recordings from 2019 - 2021 Care of the Athletic Heart)

### ECG Interpretation in Athletes: Progress and Advancements

Aaron Baggish, MD, FACC

### Arrhythmias in Endurance Athletes

Eugene Chung, MD, MSc, FACC

### The Exercise Dose Response Curve: Can There Really Be Too Much of a Good Thing?

Benjamin Levine, MD, FACC

### Avoiding the Rabbit Hole: The Do's and Don'ts of Genetic Testing Your Athlete

Christopher Semsarian, MBBS, PhD, MPH

### The Non-ACHD Approach to Congenital Heart Disease: No Zebras Allowed!

Matthew Martinez, MD, FACC

### The Elephant in the Room: Dizziness in the Young Athlete and Autonomic Dysfunction

Benjamin Levine, MD, FACC

### Care of Tactical Athletes and Extreme Athletics: Overview and Guide for Risk Assessment

Benjamin Levine, MD, FACC

### Debate - Asymptomatic Mild HCM Football Player: OK to Play?

Pro: Sharlene M. Day, MD

Con: Martin S. Maron, MD

Case Presenter: Prashant Rao, MBBS

### Where There Is No Debate: Emergency Action Plans for Cardiac Arrest

Ron Courson, ATC, PT, NREMT-I, CSCS

### Introduction to Race Medicine: Hypothermia, Hyperthermia, Hyponatremia

Sanjay Sharma, BSc(Hons), MD