

# 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. Welcome and Introductions

*Dermot Phelan, BAO, MB BCh, PhD, FACC*

*Meagan Wasfy, MD, FACC*

## SESSION I: ATHLETE'S HEART 101

### 9:05 a.m. ECG Interpretation in The Athlete - To Test or Not to Test?

*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. Imaging the Athlete's Heart - From Basics to Advanced

*Moderator: Jeff Hsu, MD, PhD, FACC*

#### Imaging the Athlete's Heart: 101

*Ankit Shah, MD, MPH, FACC*

#### Sex and Racial Differences in Exercise-induced Cardiac Remodeling

*Meagan Wasfy, MD, FACC*

#### Cardiac Fibrosis in the Athlete: Etiology, Frequency, and Clinical Implications

*Michael Papadakis, MBBS, MD*

### 10:45 a.m. Break

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

### NETWORKING

12:45 - 1:15 p.m.	<p><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!  <i>Jeff Hsu, MD, PhD, FACC</i>  <i>Jonathan Kim, MD, MSc, FACC</i>  <i>Matthew Martinez, MD, FACC</i>  <i>Dermot Phelan, BAO, MB BCh, PhD, FACC</i>  <i>Katie Stewart, NP</i>  <i>Meagan Wasfy, MD, FACC</i></p>
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### STATE OF THE SECTION

1:20 p.m.	<p><b>State of the Sports and Exercise Cardiology Member Section</b>  <i>Eugene H. Chung, MD, MSc, FACC</i></p>
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## 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.	<p><b>Debate - Endurance Athlete with CAD – To Revascularize or Not</b>  <i>Pro: Andre La Gerche, MD</i>  <i>Con: Manesh Patel, MD, FACC</i>  <i>Case Presenter: Sheela Krishnan, MD, FACC</i></p>
2:00 p.m.	<p><b>Heartache – Athlete with MVP and Ventricular Arrhythmias</b>  <i>Katie Stewart, NP</i>  <i>Case Presenter: Prashant Rao, MBBS</i></p>
2:30 p.m.	<p><b>A Sports Cardiologist’s Approach to the Strength Athlete with Aortopathy</b>  <i>Dermot Phelan, BAO, MB BCh, PhD, FACC</i>  <i>Case Presenter: Brad Lander, MD</i></p>
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.	<p><b>Disparities in Sports Cardiology</b>  <i>Jonathan Kim, MD, MSc, FACC</i></p>
3:30 p.m.	<p><b>Wearables in Sports Cardiology</b>  <i>Jeff Hsu, MD, PhD, FACC</i></p>
3:45 p.m.	<p><b>COVID-19</b>            Moderator: Matthew Martinez, MD, FACC</p> <hr/> <p><b>Update on Return to Play Protocols and Current Data on Myocarditis Rates in Athletes</b>  <i>Matthew Martinez, MD, FACC</i></p> <p><b>Vaccinations and Boosters – Are They Risky for the Young Athlete?</b>  <i>Katie Passaretti, MD</i></p> <p><b>PASC – How Do I Evaluate and Treat My Athlete with PASC?</b>  <i>Benjamin Levine, MD, FACC</i></p>
	<p><b>Closing Remarks</b>  <i>Dermot Phelan, BAO, MB BCh, PhD, FACC</i>  <i>Meagan Wasfy, MD, FACC</i></p>
	5:00 p.m.

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## **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*