

# CARE OF THE ATHLETIC HEART

FROM ELITE TO EXERCISE ENTHUSIASTS

June 12 - 14, 2025 | Washington, DC & Virtual

In Collaboration With:



## COURSE OVERVIEW

### STATEMENT OF NEED

While athletes are assumed to be among the healthiest among adults and children, they are not invulnerable to some of the most serious cardiovascular (CV) disorders. Sudden cardiac death may be deemed initially idiopathic. Despite their top conditioning to withstand the demands of sport, military, or occupational stress, some may be susceptible to sudden cardiac death due to underlying disorders, such as arrhythmias and congenital heart diseases. The proposed educational initiatives strive to equip the cardiologist with the tools to evaluate athletes before they participate in strenuous training, during their participation, and after injury or illness sidelines them. The foundation of the education will be the emphasis on shared decision making—especially for cardiologists who need to counsel their athletic patients about the feasibility of sports or occupational participation after screening results that portend CV risk—and whether patients can return safely to full participation after a CV event.

### GOAL AND LEARNING OBJECTIVES

At the end of this course, participants should be able to identify guideline-driven, cardiovascular care strategies for the competitive, recreational, occupational, and tactical athlete.

Upon completion of this educational activity, participants will be able to:

1. Demonstrate appropriate interpretation of an athlete's cardiopulmonary exercise testing (CPET) and electrocardiographic (ECG) results.
2. Discuss strategies for building a career in sports cardiology, including community engagement.
3. Apply best practices in shared decision-making for challenging cardiovascular care situations involving athlete patients.
4. Evaluate cardiovascular care strategies Master athletes with various cardiac conditions, including coronary artery disease (CAD), arrhythmias, and cardiomyopathies.
5. Articulate the nuances of interpreting the cardiovascular imaging of the athletic heart.
6. Identify unique aspects of cardiovascular considerations and disease management in tactical/occupational athletes.
7. Select optimal cardiovascular care for young and master competitive athletes.