



Care of the Athletic Heart

JUNE 21 - 23, 2018

Grand Summit Lodge
Park City, Utah



COURSE DIRECTOR

Matthew Martinez, MD, FACC

ASSOCIATE COURSE DIRECTOR

Jonathan Kim, MD, FACC



AMERICAN
COLLEGE of
CARDIOLOGY

Thursday, June 21

12:45 p.m. Registration

Session I: Essential Cardiac Care for Your Athletes: The Knowledge and Skills You Need for Every Day Practice

Moderators: Drs. Kim and Martinez

1:15 p.m. Welcome, Introduction to Conferences I/O
Dr. Martinez

1:25 p.m. Keynote Address: Can Sports Save Society?
Dr. Parsons

2:00 p.m. The Current State of Mandatory Athlete Screening and Other Advocacy Issues
Dr. Kovacs

2:30 p.m. ECG Interpretation: What Findings Need Further Assessment?
Dr. La Gerche

2:50 p.m. Refreshment Break

3:00 p.m. Putting Your Interpretation Skills to the Test!
The ECGs of the Professional, Recreational and Occupational Athlete
Moderator: Dr. Baggish
Panel: Drs. Emery, La Gerche, Lampert and Levine

5:05 p.m. Now That You've Ordered It: Five Ways to Increase Billing
Ms. Biga

5:45 p.m. Refreshment Break

6:10 p.m. BREAKOUT Sessions (Participants Choose One)
A. CPET Testing and Interpretation in the Work-up of the Athlete's Heart: Show Me the Numbers....
Drs. Baggish, Emery and Levine

B. Athletic Imaging 101: Essential Interpretation for the Sports Practitioner
Drs. Kim, Martinez and Molossi

7:30 p.m. Adjournment

Followed by optional Handheld Echo Demonstration (Dr. Martinez)

Friday, June 22

7:45 a.m. Registration
Continental Breakfast

Optional: Handheld Echo Demonstration (Dr. Martinez)

Session II: Advanced Cardiac Imaging: Looking Better Is the Key!
Moderators: Drs. Martinez and Molossi

8:30 a.m. Welcome Back: Housekeeping
Dr. Martinez

8:40 a.m. The Strength of Multi-modality Cardiac Imaging in Differentiating Athletic Adaptation from Cardiovascular Disease
Dr. Baggish

9:10 a.m. Alternative Imaging: Looking Deep into the Genome
Five Reasons Not to Order Genetic Testing in Your Athlete
Dr. Ackerman

9:40 a.m. Mitral Valve, Aortic Valve and the Aorta

Mitral Valve Prolapse – *Dr. Kim*

Bicuspid Aortic Valve and Aortopathies – *Dr. Phelan*

10:40 a.m. Refreshment Break

Optional: Handheld Echo Demonstration (Dr. Martinez)

10:55 a.m. How Do I Assess the Right Ventricle and Counsel My Patient With...

Arrhythmogenic Right Ventricular Cardiomyopathy?
Dr. La Gerche

Congenital Heart Disease
Repaired Tetralogy of Fallot/Ebstein's Anomaly?
Dr. Molossi

11:55 a.m. Occult Myocardial Fibrosis and the 'Pheidippides' Cardiomyopathy
Fact or Fallacy?
Dr. La Gerche

12:20 p.m. Lunch

Session III: Care of the Middle-aged Athlete: A Deeper Dive
Moderator: Dr. Kim

12:50 p.m.	Myths, Legends and Truth: What Should I Know About Nutrition, Steroids and Pre-exercise Preparation for My Competitive Recreational Athletes? <i>Dr. Chiampas</i>
1:20 p.m.	Hyperlipidemia, Hypertension and the Middle-aged Athlete: Are the Goals and Treatments the Same for Athletes? <i>Dr. Thompson</i>
1:50 p.m.	The Middle-aged Athlete with Coronary Artery Disease Diagnostic Evaluation, Management and Return to Exercise <i>Drs. Fernandez and Thompson</i>
2:20 p.m.	Expanding Your Role: How to Engage the Tactical Athlete <i>Dr. Levine</i>
2:45 p.m.	Adjournment Afternoon on Your Own (Optional activities: shopping on Main Street/Park City, hiking, CrossFit class)

Session IV: Discussions and Desserts

Moderators: Drs. Kim and Martinez

7:00 p.m.	Cases and Conversations: Diagnostic Dilemmas, Challenging Cases A "Here's How I Do It" Approach
<u>Cases Topics:</u>	

- "Sports eligibility When the Guidelines Say No"
- "Myocardial Bridges: Is Surgery Ever the Right Answer?"
- "The Grey Zone..."
- "Palpitations and PVC's, the Approach from EP"
- "Unexplained Dyspnea, Advanced CPET Interpretation"
- "The Dreaded Incidental Finding"

Case Presenters: Drs. Chung, Emery, Kim, Levine, Martinez and Shah

9:00 p.m.	Adjournment
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Saturday, June 23

6:00 a.m.	Yoga (optional activity)
7:00 a.m.	Continental Breakfast

Session V: Arrhythmias and Athletes: Let's Make the Decision Together

Moderators: Drs. Chung and Lampert

7:45 a.m.	Welcome Back: Housekeeping State of the Section: Updates and Action Items <i>Dr. Martinez</i>
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8:00 a.m. Don't Eliminate Exercise! Tell Them What They CAN Do

1) Athletes with LQTS: Who Says I Can't Play Anyway?

Dr. Ackerman

2) Inherited Genetic Cardiomyopathies: Let's Get Off the Couch!

Dr. Etheridge

3) ICD: Is It Right for Absolutely Everyone?

Dr. Lampert

9:15 a.m. Shared Decision Making: Best Approaches and Documentation

Speakers including Patient Interview with Danny Berger

Drs. Ackerman, Bunch, Etheridge and Lampert

10:05 a.m. The Best Laid Plans: Emergency Action Plans for Cardiac Arrest

Dr. Chiampas

10:30 a.m. Refreshment Break

Session VI: Atrial Fibrillation in the Aging Endurance Athlete

Moderator: Dr. Lampert

10:45 a.m. Why Does Every Older Endurance Athlete Seemingly Have Atrial Fibrillation?

Epidemiology, Risks, Mechanisms and Management Strategies

Dr. Chung

11:15 a.m. Let's Debate! To Ablate or Not to Ablate...

Management of Atrial Fibrillation and Athletes

Drs. Bunch and La Gerche

12:00 p.m. Course Adjournment