



Care of the Athletic Heart

JUNE 21 – 23, 2018
Grand Summit Lodge
Park City, Utah

COURSE DIRECTOR
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YOUR ACC
Live Course



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?**
Dr. Chiampas
- 1:20 p.m.** **Hyperlipidemia, Hypertension and the Middle-aged Athlete:
Are the Goals and Treatments the Same for Athletes?**
Dr. Thompson
- 1:50 p.m.** **The Middle-aged Athlete with Coronary Artery Disease
Diagnostic Evaluation, Management and Return to Exercise**
Drs. Fernandez and Thompson
- 2:20 p.m.** **Expanding Your Role: How to Engage the Tactical Athlete**
Dr. Levine
- 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**
Cases Topics:
- "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**

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**
Dr. Martinez

- 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**