

Care of the Athletic Heart Course Agenda

Thursday, June 20

9:00 a.m. CPET 101 Attendee Registration

Session I: Sports Cardiology 101: The Basics of Cardiopulmonary Testing and Athletic Imaging

Moderator: Dr. Martinez

Optional Pre-conference: CPET 101

10:00 a.m. Cardiopulmonary Testing in the Sports Cardiology Clinic: Basics and Key Measurements

Dr. Sietsema

Panel: Drs. Emery and Levine

12:20 p.m. – 12:30 p.m. Break – Box lunch offered

2:00 p.m. *Athletic Heart* Attendee Registration and Refreshment Break

Optional Complimentary Imaging Pre-conference for *Athletic Heart* Attendees

2:30 p.m. Imaging 101 and Advanced Imaging for the Sports Cardiologist

2:30 p.m. - 3:30 p.m.

Exercise-induced Cardiac Remodeling: What Physiologic Changes to Expect in the Athlete

Drs. Emery, Martinez, Phelan and Wasfy

3:30 p.m. - 4:30 p.m.

Advanced Imaging

Drs. Dean, Lander, Phelan and Shah

4:30 p.m. *Athletic Heart* Attendee Registration and Light Dinner for all *Athletic Heart* attendees

Session II: Athlete ECGs: How to Interpret and Know When and How to Investigate Further

Moderator: Dr. Kim

5:30 p.m. Keynote Address: Assessment of Risk and What to Do About It
What Every Physician Needs to Know

Dr. Bagian

6:00 p.m. ECG Interpretation: What Findings Need Further Assessment?
Dr. Sharma

6:30 p.m. Putting Your Interpretation Skills to the Test!
The ECGs of the Professional, Recreational and Occupational Athlete and Further Assessment
Moderator: Dr. Sharma
Panel: Drs. Chung, Lampert, Levine, Molossi and Saarel

8:30 p.m. Adjourn

Friday, June 21

6:15 a.m. Optional morning activity
o Yoga (Balance Gym in The Fairmont, Yoga Room)

7:00 a.m. Registration and Continental Breakfast

7:45 a.m. **Welcome Back**
Dr. Martinez

Session III: The Athlete with Cardiovascular Disease: Coronary Artery Disease
Moderator: Dr. Kim

7:55 a.m. **CAD and Master Athletes: An Overview of Risk, Management and Current Controversies**
Dr. Sharma

8:30 a.m. **Cases with Panel**
Moderator: Dr. Thompson
Panelists: Drs. Emery, Martinez, Phelan and Sharma

- Stable Coronary Artery Disease – *Dr. Shah*
- Return to Play Post-myocardial Infarction – *Dr. Shipon*
- Spontaneous Coronary Artery Dissection – *Dr. Garg*

9:30 a.m. **Refreshment Break**

Session IV: The Athlete with Cardiovascular Disease: Aortic Disease and Congenital Heart Disease
Moderator: Dr. Molossi

9:45 a.m. **Size Does Matter! How Big Is Too Big for the Aorta?**
Dr. Braverman

10:10 a.m. **All Bets Are Off! The Approach to Athletes with Congenital Heart Disease**
Dr. Battle

10:40 a.m. **I Had Aortic Surgery – Can I Still Compete?**
Dr. Braverman

11:05 a.m. **Red or Green Light: “Fixed” Congenital Heart Disease and Return to Play**
Dr. Saarel

11:35 a.m. **Lunch**

Session V: The Healthy Athlete: Competitive Athletes
Moderator: Dr. Chung

12:25 p.m. **Current Cardiac Evaluations: The *Why* and *How* They Do It**
Moderator: Dr. Kim (NCAA, NBA, NFL)
Panelists/Presenters: Drs. Martinez, Phelan and Shipon; and Mr. Courson

Topics:

- **NCAA** – *Mr. Courson*
- **Professional Sports** – *Dr. Martinez*
- **Community Screening** – *Dr. Shipon*
- **When Screening Goes Awry** – *Dr. Phelan*

1:10 p.m. **American Style Football and Cardiovascular Concerns**
Dr. Kim

1:35 p.m.	The Skinny on Sports Nutrition: Preparation, Supplements and Steroids What to Watch for and Hidden Dangers <i>Dr. Emery</i>
2:00 p.m.	Introduction to Race Medicine: Hypothermia, Hyperthermia, Hyponatremia <i>Dr. Sharma</i>
2:30 p.m.	Where There Is No Debate...Emergency Action Plans for Cardiac Arrest <i>Mr. Courson</i>
2:50 p.m.	Refreshment Break

Session VI: Shared Decision Making: The New Frontier

Moderator: Dr. Chung

3:00 p.m.	<i>BACK BY POPULAR DEMAND!</i> Shared Decision Making: Evolution, Evidence, Challenges Ahead <i>Dr. Saarel</i>
3:30 p.m.	Cases with Panel <i>Moderator: Dr. Chung</i> <i>Panelists: Drs. Dean, Lampert, Levine, Molossi and Thompson</i> <ul style="list-style-type: none">○ Apical Hypertrophic Cardiomyopathy (HCM) – <i>Dr. Singh</i>○ Long QT – <i>Dr. Dookhan</i>○ Myocarditis – <i>Dr. Krishnan</i>○ Anomalous Aortic Origin of a Coronary Artery (AAOCA) – <i>Dr. Gavalas</i>
4:30 p.m.	Adjourn

Saturday, June 22

7:00 a.m.	Continental Breakfast
7:30 a.m.	Welcome Back State of the Section: Updates and Action Items <i>Dr. Martinez</i>

Session VII: The Healthy Athlete: The Recreational and Every Day Athletes

Moderator: Dr. Kim

7:40 a.m.	Protecting the Heart of the Female Athlete <i>Dr. Wasfy</i>
8:05 a.m.	The World of Wearables: Does the Data Support the Use? <i>Dr. Link</i>
8:30 a.m.	Care of Tactical Athletes and Extreme Athletics Overview and Guide for Risk Assessment <i>Dr. Levine</i>

9:00 a.m. Cases with Panel
Moderator: Dr. Levine
Panelists: Dr. Emery, Martinez, Sharma and Thompson

- Valve Disease – Dr. Hsu
- Patent Foramen Ovale (PFO) – Dr. Peritz
- Borderline Cardiomyopathy – Dr. Rao

9:45 a.m. Refreshment Break

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

Moderator: Dr. Chung

10:00 a.m. Exercise-associated Collapse: Across the Spectrum from Low to High Risk
Dr. Link

10:30 a.m. Let's Debate! Atrial Fibrillation in the Master Athlete: Where Expert Opinion Rules
Pro - Ablation as Best Option
Dr. Link

Con - Ablation as Last Resort
Dr. Sharma

11:10 a.m. Cases with Panel
Moderator: Dr. Emery
Panelists: Drs. Chung, Lampert, Link and Salerno

- Incidental Wolff-Parkinson-White (WPW) – Dr. Hill
- Hypertrophic Cardiomyopathy (HCM) – Dr. Levy
- Atrial Fibrillation (AF) – Dr. Zielinski
- Nonsustained Ventricular Tachycardia (NSVT) – Dr. Komlgi

12:10 p.m. Final Thoughts and Take-aways

12:30 p.m. Course Adjournment