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 Shab

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
  ○ 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
Dr. Emery

2:00 p.m.  Introduction to Race Medicine: Hypothermia, Hyperthermia, Hyponatremia
Dr. Sharma

2:30 p.m.  Where There Is No Debate…Emergency Action Plans for Cardiac Arrest
Mr. Courson

2:50 p.m.  Refreshment Break

Session VI: Shared Decision Making: The New Frontier
Moderator: Dr. Chung
3:00 p.m.  BACK BY POPULAR DEMAND! Shared Decision Making: Evolution, Evidence,
Challenges Ahead
Dr. Saarel

3:30 p.m.  Cases with Panel
Moderator: Dr. Chung
Panelists: Drs. Dean, Lampert, Levine, Molossi and Thompson
   o  Apical Hypertrophic Cardiomyopathy (HCM) – Dr. Singh
   o  Long QT – Dr. Dookhan
   o  Myocarditis – Dr. Krishnan
   o  Anomalous Aortic Origin of a Coronary Artery (AAOCA) – Dr. Gavalas

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
Dr. Martinez

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
Dr. Wasfy

8:05 a.m.  The World of Wearables: Does the Data Support the Use?
Dr. Link

8:30 a.m.  Care of Tactical Athletes and Extreme Athletics
Overview and Guide for Risk Assessment
Dr. Levine
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. Kowlgi

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

12:30 p.m. Course Adjournment