

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**
○ **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. Shab*
- 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, Lambert, Levine, Molossi and Thompson
 - Apical Hypertrophic Cardiomyopathy (HCM) – *Dr. Singb*
 - Long QT – *Dr. Dookhan*
 - Myocarditis – *Dr. Krishnan*
 - 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. Kovlgi*

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

- 12:30 p.m. Course Adjournment**