

EMORY

SPORTS MEDICINE
CENTER

Team Physicians for:



Cardiac Conditions in Soccer

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Soccer Medicine Conference
January 6, 2018

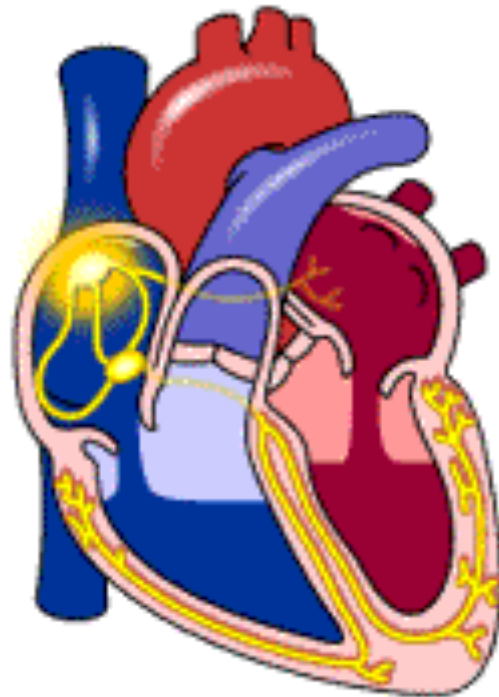
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OBJECTIVES

- Discuss common cardiac issues in sport
 - Identify basic “screening” recommendations
 - Outline participation “guidelines”
 - Discuss best practices for “intervention”
 - Give practical take home points

COMMON CARDIAC ISSUES: HYPERTROPHIC CARDIOMYOPATHY



HYPERTROPHIC CARDIOMYOPATHY

- Abnormally shaped chamber of heart
- Most common heart issue
- Usually diagnosed after an incident
 - No reliable screening tool
 - No consistent symptoms
 - Chest pain
 - Shortness of Breath
 - Collapse
- CPR/AED if appropriate

COMMON CARDIAC ISSUES: ARRHYTHMIAS



ARRHYTHMIAS

- Irregular heart beat or heart skipping a beat
- Fairly common, but doesn't always cause symptoms
 - Easy Fatigue
 - Chest Pain
- CPR/AED if appropriate

COMMON CARDIAC ISSUES: COMMOTIO CORDIS



COMMOTIO CORDIS

- Blow to the chest that “stops” heart
 - Pediatric/Adolescent athlete 8-14 yo
 - Usually small hard object
 - No warning symptoms
 - Collapse
 - “Seizure”
- CPR/AED is appropriate
 - Chest protection

COMMON CARDIAC ISSUES: CONGENITAL ABNORMALITIES



CONGENITAL ABNORMALITIES

- Structural issues present from birth
 - Can sometimes be visible
 - Marfans – long arms, chest
 - A-V Malformations
 - May have warning signs
 - Chest pain
 - Shortness of breath
 - Collapse
 - CPR/AED if appropriate

SCREENING

- Make sure athletes get PPE
 - Physician or PA
- F/U on complaints
 - Fatigue (persistent)
 - Shortness of breath
 - Chest pain

GUIDELINES

- No consistent guidelines!!!
 - Refer to medical professional
 - Defer to medical professional
 - Sports Cardiology (age appropriate)
- Know where your AED is
 - Know how to use it

TAKE HOME POINTS

- Be vigilant
 - Follow up when symptoms arise
 - Refer to medical professional
- No consistent guidelines
 - Defer to medical professional
- Know where your AED is
 - Know how to use it