Cardiac Conditions in Soccer

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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
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• 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

Hey Dude! Be Careful! Don’t Hit My Power Button!!
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