IOC COURSE ON CARDIOVASCULAR EVALUATION OF OLYMPIC ATHLETES

TOKYO, JAPAN
04 - 05 JULY 2019
The sudden and unexpected cardiac death is a rare, but tragic and emotional event, which assumes high visibility when occurs in an elite/professional athlete. Unavoidably, this event raises several medical and legal questions, including the most appropriate strategy to prevent these catastrophes.


The CV evaluation including the 12-lead electrocardiogram, as suggested by the IOC statement, has the power to identify (or raise suspicion for) most of the cardiac disease at risk. The ECG, however, may also show certain abnormalities in athletes, which mimic those of patients with cardiac diseases, generating concern regarding the appropriate management of the athlete. In these cases, the abnormal ECG conveys the indication for additional testing, such as echocardiography and/or cardiac magnetic resonance, to confirm or exclude the presence of a disease.

Therefore, the IOC Medical and Scientific Commission has planned the present Course of Cardiovascular evaluation of the athletes with the aim to provide team physicians and consultant cardiologists with the most updated scientific and practical information relative to the appropriate methods for evaluating athletes. Particular attention will be spent on the appropriate interpretation of the ECG observable in athletes, as well as the correct indication for additional diagnostic testing, when needed.

The 2019 program is intended to teach team physicians and consultant cardiologists with a short, comprehensive scientific update relative to the most challenging cardiac diagnoses and reserve a large part to practical sessions, where the experts will help delegates to interpret the results of the common diagnostic testing, including the 12-lead ECG, the exercise ECG testing, the echocardiography and eventually, cardiac magnetic resonance.

Antonio Pelliccia
Course Director
Wednesday 3 July
Arrival Day and Faculty Dinner

Thursday 4 July: Day 1

08.00-08.30  Registration
08.30-08.35  Welcome & Introduction by the Chair of the IOC Medical & Scientific Commission
             Uğur Erdener
08.35-08.45  Course Outline
             Lars Engebretsen

SESSION 1: Interpreting ECG in Clinical Practice

08.45-09.15  Lecture: Interpreting ECG in Clinical Practice
             Ali Oto

SESSION 2: Reading the ECG in Athletes

09.15-09.45  Lecture: How to distinguish normal from abnormal ECGs in athletes
             Michael Papadakis

CASE PRESENTATION N° 1
Presenters: Michael Papadakis and Mats Börjesson

09.45-10.30  The normal ECG patterns in athletes
10.30-11.15  The abnormal ECG patterns in athletes
11.15-11.30  Discussion

11.30-12.00  Coffee break
12.00-12.30  Lecture: The exercise ECG in athletes
             Mats Börjesson

CASE PRESENTATION N° 2
Presenters: Michael Papadakis and Mats Börjesson

12.30-13.00  Normal vs. abnormal exercise ECGs (with reference to atherosclerotic coronary artery disease, congenital coronary anomalies, myocardial bridge)
13.00-13.15  Discussion
13.15-14.30  Lunch
## Programme

### SESSION 3: The imaging in the cardiovascular evaluation of athletes

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>14.30-15.00</td>
<td>Lecture: How to recognize cardiac disease at risk by imaging testing in athletes</td>
<td>Stefano Caselli</td>
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<tr>
<td>15.00-16.00</td>
<td>Interactive reading and interpretation of the echocardiographic studies in athletes (with special references to cardimyopaties and valvular diseases)</td>
<td>Stefano Caselli and Antonio Pelliccia</td>
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<td>16.00-16.15</td>
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### CASE PRESENTATION N° 3

Presenters: Stefano Caselli and Antonio Pelliccia

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### SESSION 4: The arrhythmias in athletes: from diagnosis to management

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<td>Lecture: How diagnose and manage channelopathies in athletes</td>
<td>Wataru Shimizu</td>
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<td>09.30-10.15</td>
<td>Most common channelopathies in athletes (Brugada syndrome, Long QT syndrome, Early repolarization)</td>
<td>Wataru Shimizu and Tomohiro Manabe</td>
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<td>11.00-11.30</td>
<td>Lecture: How to diagnose and manage ventricular arrhythmias in athletes</td>
<td>Antonio Pelliccia</td>
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### CASE PRESENTATION N° 5

Presenters: Wataru Shimizu and Tomohiro Manabe

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<tr>
<td>11.30-12.30</td>
<td>Interactive illustration and interpretation of the ventricular arrhythmias in athletes</td>
<td>Tomohiro Manabe and Antonio Pelliccia</td>
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<td>12.30-12.45</td>
<td>Discussion</td>
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<td>Learning Assessment of Day 2</td>
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## Friday 5 July: Day 2

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### CASE PRESENTATION N° 6

Presenters: Tomohiro Manabe and Antonio Pelliccia

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## Closure of the Course
Target of the Course

Team physicians, sport medicine specialists and consultant cardiologists interested in the cardiovascular evaluation of the professional/elite athletes.

Main objectives for the Course
Teach the physicians of the basic knowledge of CV evaluation, according to the protocol suggested by the IOC.

1. Explain the criteria to identify and interpret the ECG in athletes, and distinguish the normal ECG changes consistent with the athlete’s heart from the abnormalities requiring additional diagnostic testing and cardiology consultation.

2. Discuss the indication for the imaging testing (when indicated, echocardiography, cardiac magnetic resonance, exercise ECG testing), and be able to interpret the results, by distinguishing normal (consequence of athletic conditioning) from abnormal (suggestive for cardiac disease).

Faculty

Antonio PELLICCIA (Course Director), Italy
Lars ENGBRETSEN (Head of Scientific Activities), Norway/Switzerland
Mats BÖRJESSON, Sweden
Stefano CASELLI, Switzerland

Viviana MAESTRINI, Italy
Tomohiro MANABE, Japan
Ali OTO, Turkey
Michael PAPADAKIS, United Kingdom
Wataru SHIMIZU, Japan

Delegates


IOC Course on Cardiovascular Evaluation of Olympic Athletes - Tokyo, Japan, 04/07/2019-05/07/2019 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) for a maximum of 9 European CME credits (ECMEC®s).

For further information and to download the certificate of attendance, visit the website: http://www.ioc-cardiologycourse.org/tokyo2019
Venue

InterContinental Tokyo Bay
1-16-2 Kaigan Minato-Ku Tokyo 105-8576, Japan

For information

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