



**IOC
COURSE ON CARDIOVASCULAR
EVALUATION OF OLYMPIC ATHLETES**



**BUDAPEST, HUNGARY
22 - 23 APRIL 2021**

Foreword by the chair of the IOC Medical and Scientific Commission



Dear Colleagues, Dear participants,

Welcome to Budapest for the IOC Course on Cardiovascular Evaluation of Olympic Athletes.

As already experienced in 2019, the Course will closely follow the ATP course, with the aim of making the participation of a large number of delegates much easier.

The idea for organising such a Course was prompted by the recognition that sound and experienced information in this field is still scarce, particularly with regard to basic concepts to avoid misdiagnosis or inappropriate management of a concealed cardiac condition, and to contribute to avoiding sudden cardiac death among athletes.

For the 2021 edition, we will continue with what has become the trademark of the previous IOC Cardiology Courses, addressing the basic elements of Cardiovascular Evaluation of Olympic Athletes through real life cases. The lectures will be delivered by experienced professionals and scientists in simple language and supported by large range of practical cases, illustrated and discussed collegially with the delegates. You should expect extensive interaction among the participants and faculty members around the clinical cardiology conundrums faced nowadays by the physicians working with elite athletes.

Apart from our medical discussions, we will also have time for informal social interaction, and to build an international network with experienced colleagues from all over the world.

Looking forward seeing you all in Budapest on 22 and 23 April 2021.

A handwritten signature in black ink, consisting of a large, sweeping loop at the top, followed by several smaller, more intricate strokes that form the name 'Uğur Erdener'.

Prof. Dr Uğur Erdener

IOC Medical & Scientific Commission Chair

Welcome



Dear Participants,

As the Director of the 2021 IOC Course on Cardiovascular Evaluation of Olympic Athletes, I am very pleased to welcome you to Budapest, Hungary.

This is the 10th edition of the Course and the excellent feedback from previous participants has inspired us to become even more valuable for the broad audience we have, including team physicians, as well as sports medicine specialists and consulting cardiologists.

As for previous editions, this Course aims to provide you with the most up-to-date academic and practical information on the prevention of sudden cardiac death in elite athletes, and to share methods of assessing such a risk in athletes' lives.

This year the scientific program is even more appealing, due to the large focus devoted to the clinical implementation of the 2020 Guidelines on Sport Cardiology that have recently been released by the European Society of Cardiology.

Aside from our scientific discussions, we will also have the opportunity to foster networking, thanks to a social programme which – I am sure – will receive your full approval.

Looking forward to your active participation and contribution and to seeing you all in Budapest on 22 and 23 April 2021!

A handwritten signature in black ink, appearing to read 'Antonio Pelliccia', written in a cursive style.

Prof. Antonio Pelliccia

Course Director

Target of the Course

Professional team physicians, sport medicine specialists, cardiologists and sport scientists interested in the cardiovascular evaluation and care 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).

Delegates

Sport physicians and cardiologists delegated by the National Olympic Committees, International Federations, Intl. Sport Bodies, Academic Institutions (presentation required).

Individual applications accepted selectively, please contact the Organising Secretariat. If your application is accepted, a fee of 100€ will be charged.

The Course will be held in English (no simultaneous translation).

For further information, visit the website:
<http://ioc-cardiologycourse.org/budapest2021/>

Programme

Wednesday 21 April 2021

Arrival Day and Faculty Dinner

Thursday 22 April 2021

08.00-08.30 Registration

08.30-08.37 Welcome & introduction by the Chair of the IOC Medical
& Scientific Commission
Uğur Erdener

08.37-08.45 Course outline
Lars Engebretsen

SESSION 1: Interpreting symptoms and physical findings

08.45-09.15 Lecture: How to interpret symptoms and physical findings
Stefano Caselli

09.15-09.30 *Discussion*

SESSION 2: Interpreting the ECG in athletes: normal vs. abnormal

09.30-10.00 Introduction: from the original ESC to the current
international criteria
Michael Papadakis and Jonathan Drezner

CASE PRESENTATION N°1

Presenters: Michael Papadakis and Jonathan Drezner

10.00-11.00 Interactive presentation of cases of normal ECG patterns vs.
abnormal ECG patterns in athletes

11.00-11.15 *Discussion*

11.15-11.45 **Coffee break**

SESSION 3: The exercise-ECG in athletes

11.45-12.00 Lecture: How to perform and interpret the exercise ECG in athletes

Mats Börjesson

CASE PRESENTATION N°2

Presenters: Jonathan Drezner and Mats Börjesson

12.00-12.45 Examples of normal and abnormal exercise ECGs in athletes

12.45-13.00 *Discussion*

13.00-14.00 **Lunch break**

SESSION 4: The imaging in the cardiovascular evaluation of athletes

14.00-14.45 Lecture: How to recognize cardiac disease at risk by imaging in athletes: the multimodality approach to identify the diseases at risk

Stefano Caselli and Viviana Maestrini

CASE PRESENTATION N° 3

Presenters: Stefano Caselli and Antonio Pelliccia

14.45-15.45 Interactive reading and interpretation of the imaging studies in athletes (with special references to cardiomyopathies and valvular diseases)

15.45-16.00 *Discussion*

16.00-16.15 **Coffee break**

CASE PRESENTATION N° 4

Presenters: Viviana Maestrini and Antonio Pelliccia

16.15-17.15 Interactive reading and interpretation of the cardiac magnetic resonance images in athletes (with special references to cardiomyopathies and valvular diseases)

17.15-17.30 Learning assessment of Day 1

19.00 **Dinner for participants & Faculty**

Friday 23 April 2021

SESSION 5: Cardiac arrest on the athletic field

08.30-09.00 Lecture: Most common causes of sudden death in athletes
Ali Oto

09.00-09.30 Lecture: How to manage Cardiac arrest in the athletic field
Jonathan Drezner

09.30-09.45 *Discussion*

CASE PRESENTATION N° 5

Presenter: Bela Merkely

09.45-10.30 Series of clinical cases with cardiac arrest/death in athletes

10.30-10.45 *Discussion*

10.45-11.00 **Coffee break**

SESSION 6: Ventricular arrhythmias in athletes

11.00-11.20 Lecture: How to manage ventricular arrhythmias in athletes
Antonio Pelliccia

11.20-11.30 *Discussion*

CASE PRESENTATION N° 6

Presenters: All Faculty members

11.30-12.15 Interactive illustration and interpretation of clinical cases

12.15-12.30 Learning assessment of Day 2

12.30-13.00 ECG quiz
Conductor: Michael Papadakis

Closure of the Course

Speakers

Antonio PELLICCIA, MD, Prof.

Chief of Cardiology

Institute of Sport Medicine and Sciences, National Italian Olympic Committee, Rome, Italy

Lars ENGBRETSSEN, MD PhD

Professor & Head of Medicine & Science

International Olympic Committee, Lausanne, Switzerland;

Oslo Sports Trauma Research Center, Oslo University Hospital & Norwegian Olympic Training Center, Oslo, Norway

Uğur ERDENER, Prof. Dr

IOC Medical & Scientific Commission Chair

International Olympic Committee, Lausanne, Switzerland

Mats BÖRJESSON, MD

Dept of Molecular and Clinical Medicine, Sahlgrenska University Hospital/Ostra, University of Gothenburg, Sweden.

Stefano CASELLI, Dr Prof.

Cardiovascular medicine at Klinik Im Park

Zürich, Switzerland

Jonathan DREZNER, MD

Professor, Department of Family Medicine

Director, Center for Sports Cardiology

University of Washington, Seattle, USA

Viviana MAESTRINI, Dr

Department of Cardiovascular, Respiratory, Geriatric, Anesthesiologic and Nephrologic Sciences, Sapienza University of Rome, Rome, Italy

Institute of Sport Medicine and Sciences, National Italian Olympic Committee, Rome, Italy

Béla MERKELY MD, PhD, MSc, DSc, FESC, FACC

Director of the clinic

Semmelweis University, Heart and Vascular Center

Budapest, Hungary

Ali OTO, MD, FESC, FACC, FHRS, FISHNE

Professor of Cardiology

Chairman, Department of Cardiology

MHG, Memorial Ankara Hospital

Ankara-Turkey

Michael PAPADAKIS, Dr Prof.

Cardiology Clinical Academic Group,

St George's, University of London, UK



Venue

Hilton Budapest

Hess A. Ter 1-3, Budapest, H-1014, Hungary

For information

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