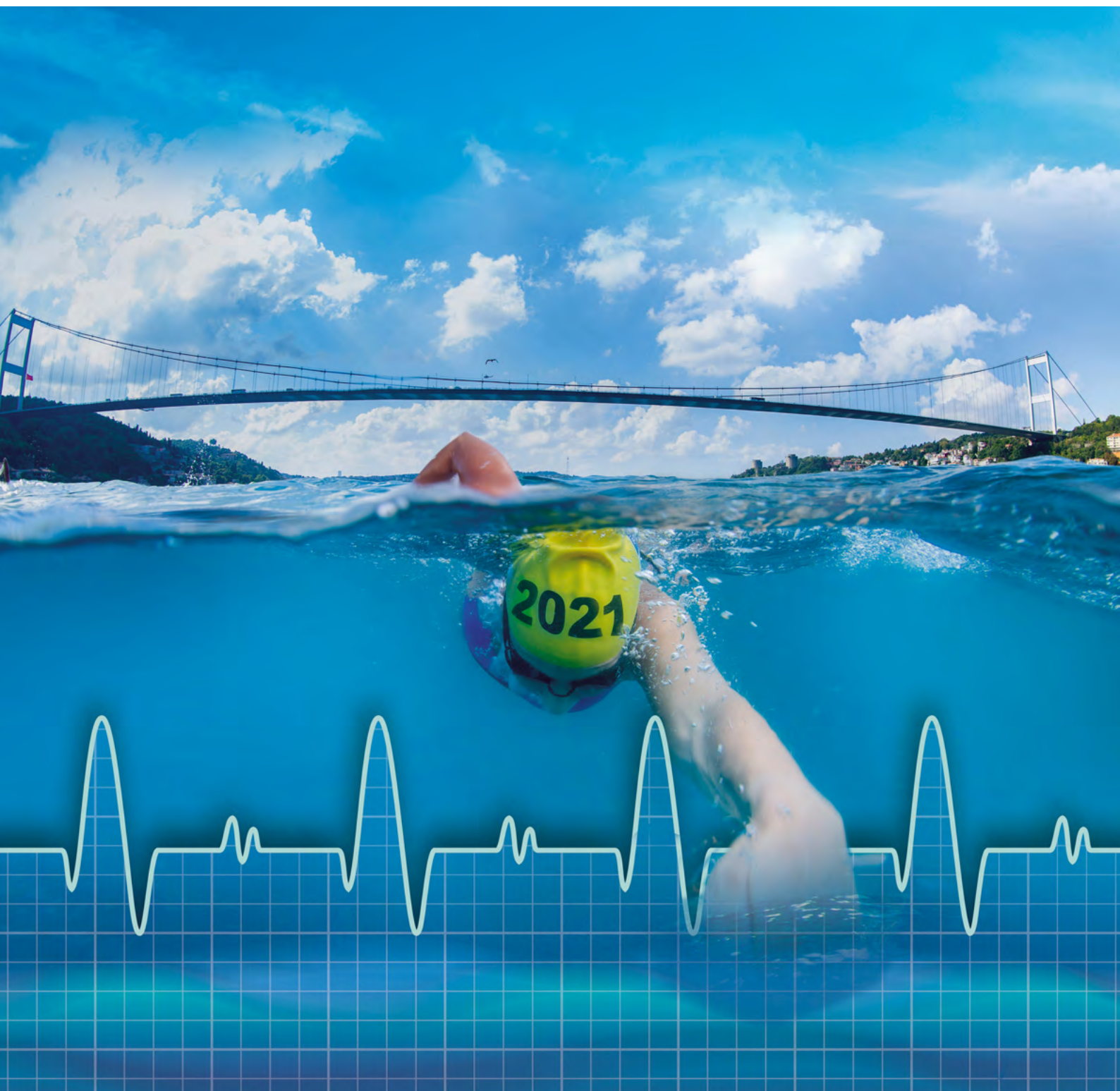




International
Olympic
Committee

Istanbul, Turkey
4 - 5 November 2021

CARDIOVASCULAR EVALUATION OF OLYMPIC ATHLETES 10TH COURSE





The **IOC Course on Cardiovascular Evaluation of Olympic Athletes 2021, Istanbul, Turkey, 04 / 11 / 2021 – 05 / 11 / 2021** has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with **11** European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

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FOREWORD BY THE CHAIR OF THE IOC MEDICAL AND SCIENTIFIC COMMISSION



Dear Colleagues, Dear Participants,

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

As was the case in 2019, the Course will follow on closely from the Advanced Team Physician 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 a 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 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 to seeing you all in Istanbul on 4 and 5 November 2021.



Prof. Dr. Uğur Erdener
IOC Medical and Scientific Commission Chair

WELCOME LETTER



Dear Participants,

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

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, sports medicine specialists and consulting cardiologists.

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

This year, the scientific programme is even more appealing, thanks to the focus on the debated cardiac consequences of the Covid-19 infection and the 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.

I look forward to your active participation and contribution, and to seeing you all in Istanbul on 4 and 5 November 2021!



Prof. Antonio Pelliccia
Course Director

TARGET OF THE COURSE

Professional team physicians, sports medicine specialists, cardiologists and sports scientists interested in the cardiovascular evaluation and care of the professional/elite athlete.

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 the normal (consequence of athletic conditioning) from the abnormal (suggestive for cardiac disease).
- 3** Suggest the appropriate management of athletes with ECG abnormalities after complete diagnostic evaluation, with special regard to sports participation.

Delegates

Sport physicians and cardiologists delegated by the National Olympic Committees, International Federations, Intl. Sport Bodies, Academic Institutions. Sport physicians and cardiologists responsible for medical care and advice to competitive athletes.

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

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

COURSE VENUE

In the heart of Istanbul, Conrad Istanbul Bosphorus awaits you with stunning views of the city, in walking distance to the Bosphorus, Dolmabahçe Palace and Ortaköy. Come with us on a unique experience, an escape from the everyday world into a world of personalized service and luxury.

Just 41 minutes (22 kms) away from Ataturk International Airport - European Side, and just 49 minutes (45 kms) away from Sabiha Gokcen International Airport - Asian Side.

Conrad Istanbul Bosphorus offers the option of in-house dining at Manzara restaurant, with open kitchen and breathing views to Bosphorus and Historical Peninsula.

Get a taste of traditional Turkish coffee and Turkish tea and the finest varieties of international, cookies, coffee cakes and selections of chocolates at Monet Lobby Lounge/Patisserie.

Enjoy the amazing view of the Istanbul skyline with delicious drinks, aperitifs classic and

modern cocktails at Summit Bar and Terrace.

The Conrad Ballroom, where the Course will be taking place, is fully equipped with latest Audio/Visual equipment and wireless internet access.

SCIENTIFIC PROGRAMME

Wednesday 3 November 2021

Arrival Day and Faculty Dinner

Thursday 4 November 2021

- 08.00-08.30** Registration
- 08.30-08.40 Welcome & introduction by the Chair of the IOC Medical & Scientific Commission
Uğur Erdener
- 08.40-08.50 IOC Medical Educational activities
Lars Engebretsen
- 08.50-09.00 Course outline
Antonio Pelliccia

Session 1

Interpreting the ECG

- 09.00-09.20 Lecture: The ECG in young individuals
Ali Oto
- 09.20-09.40 Lecture: The International Criteria to read ECG in athletes
What is normal ?
Antonio Pelliccia
- 09.40-10.10 Lecture: The International Criteria to read ECG in athletes
What is abnormal ?
Alessandro Zorzi

CASE PRESENTATION N°1

Presenters: Antonio Pelliccia and Alessandro Zorzi

- 10.10-10.50 Interactive presentation of cases of normal ECG vs. abnormal ECG patterns in athletes
- 10.50-11.00 Discussion

11.00-11.30 Coffee break

Session 2

Managing athletes with abnormal ECG

- 11.30-12.00 Lectures:
1. Athletes with supraventricular arrhythmias
 2. Athletes with ventricular arrhythmias
- Alessandro Zorzi and Flavio D'Ascenzi

CASE PRESENTATION N°2

Presenters: Alessandro Zorzi and Flavio D'Ascenzi

12.00-12.30 Interactive presentation of cases of Supraventricular and Ventricular arrhythmias

12.30-13.00 Discussion

13.00-14.30 Lunch break

CASE PRESENTATION N°3

Presenters: Flavio D'Ascenzi and Antonio Pelliccia

14.30-15.15 Exercise-induced abnormal ECGs in athletes

15.15-15.30 Discussion

Session 3

The imaging in the cardiovascular evaluation of athletes

15.30-16.30 Lecture: How to recognize cardiac disease by imaging techniques

1. Echocardiography

2. Cardiac magnetic resonance

Flavio D'Ascenzi and Viviana Maestrini

16.30-17.00 Coffee break

CASE PRESENTATION N°4

Presenters: Viviana Maestrini and Flavio D'Ascenzi

17.00-17.45 Interactive reading and interpretation of the cardiac magnetic resonance images in athletes (with special references to cardiomyopathies and valvular diseases)

17.45-18.00 Discussion

18.00-18.05 Closure of the 1st day

Antonio Pelliccia

19.00 Dinner for participants & Faculty at the hotel

Friday 5 November 2021

Session 4

Cardiac arrest in the athletic field

- 08.30-09.15 Lectures:
Cardiac arrest in the athletic field
Bela Merkely
Cardiac arrest during sport recorded on video
Alessandro Zorzi
- 09.15-09.30 Discussion

Session 5

The heart and the Covid-19

- 09.30-10.15 Lecture: The acute and late cardiac complications of the Covid-19 in adults and young athletes
Viviana Maestrini and Flavio D'Ascenzi
- 10.15-10.30 Discussion

10.30-11.00 Coffee break

Session 6

The 2020 ESC guidelines on sport cardiology

- 11.00-11.15 Lecture: What sport physicians and cardiologists should know of the 2020 ESC guidelines on Sport Cardiology
Antonio Pelliccia
- 11.15-11.30 Discussion

FINAL ROUND OF CLINICAL CASES: BRINGING IT ALL TOGETHER

Presenters: All Faculty members

- 11.30-12.30 Interactive illustration and interpretation of clinical cases
- 12.30-12.35 Closure of the Course
Antonio Pelliccia

SPEAKERS

Antonio PELLICCIA, MD, Prof.

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

Lars ENGBRETSEN, 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

Flavio D'ASCENZI, MD, PhD

Associate Professor
University of Siena
Department of Medical Biotechnologies,
Division of Cardiology Siena Italy

Viviana MAESTRINI, Prof, MD, PhD

Associate Professor in Cardiology
Department of Clinical, Internal, Anesthesiological and
Cardiovascular Sciences, Sapienza University
Institute of Sport Medicine and Sciences, National Italian
Olympic Committee, Rome, Italy

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

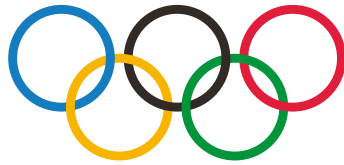
Director of the clinic
Semmelweis University, Heart and Vascular Center
Budapest, Hungary

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

Professor of Cardiology
Chairman, Department of Cardiology
MHG, Memorial Ankara Hospital
Ankara-Turkey

Alessandro ZORZI, MD, PhD

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THE WORLDWIDE OLYMPIC PARTNERS



ORGANISING SECRETARIAT



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