

Sudden cardiac death: the finish line as a beginning: a true endurance race in a case report

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Background

The benefits of exercise are well documented. Intensive exercise for more than 4 h per week is associated with cardiovascular remodelling, including increases in ventricular dimensions, wall thickness, and left ventricular mass. These changes are influenced by sex, ethnicity, and type and duration of exercise. In highly trained endurance athletes, exercise is often associated with electrocardiographic changes at rest.

Case summary

A well-trained endurance athlete underwent cardiac investigation after his 33-year-old brother died while jogging. A resting 12-lead electrocardiogram showed significant first degree atrioventricular block (AVB), and longer monitoring revealed advanced AVB. This led to further testing and exercise restrictions.

Discussion

Although most electrocardiographic changes are related to athletic performance, the distinction between normal variants, often exaggerated by the physiology of the conditioned athlete, and myocardial or electrical disease may be challenging. Athletes should undergo comprehensive cardiovascular evaluation, with management based on these results.

Keywords

Athlete • Heart • Sports cardiology • Endurance training • Sudden cardiac death • Case report

Learning points

- Athletes perform physical activity beyond the recommended levels, which induces cardiac electrical, structural and functional adaptive alterations.
- These alterations are influenced by age, sex, ethnicity, type of sport, and training intensity. They can overlap with morphologically mild forms of primary cardiomyopathies.
- Physicians responsible for cardiovascular care of athletes should correctly differentiate athlete's heart from cardiomyopathy. Decisions for eligibility or sports disqualification may have significant implications to the individual.

Introduction

Sudden cardiac death (SCD) in young patients during leisure sports activities is a rare but tragic event.¹ Subsequently, first degree family relatives should be carefully screened for suspicious abnormal cardiac signs or symptoms. Screening can be disease oriented when the proband has a known diagnosis or can be general otherwise. Because regular intensive exercise induces adaptive cardiac remodelling, it is necessary to differentiate between harmless alterations and dangerous conditions, situations that frequently overlap in athletes.

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