



**Norsk Cardiologisk
Selskap**

DEN NORSKE LEGEFORENING

Sportscardiology webinar Wednesday 13th of march 2024

Wednesday 13th of March 15.00-20.00

Register: https://www.letsreg.com/no/register/ldrettskardiologiskwebinar2024_19012024121908

Program

Session 1: Female heart and SCAD

Chairs: Charlotte Ingul and Elisabeth Vesterbekkmo

15.00–15.20| New insights about the female athlete| Øyvind Sandbakk

15.20-15.40| Exercise recommendations after SCAD| Erik Madssen

15.40-16.00| Case SCAD| Jostein Grimsmo

16.00-16.10| Pause

Session 2: Coronary arteries, exercise, drinks and calories

Chairs: Erik Ekker Solberg and Jostein Grimsmo

16.10–16.30| Exercise and diet; effect on coronary atherosclerosis in athletes| Kristian Berge

16.30–16.50| Case: The athlete next door with coronary artery disease| Charlotte Ingul

16.50–17.10 | Energy drinks: How do they affect adolescent's heart?| Nikolaos Koutlianos

17.10-17.20 | Pause

Session 3: ECG in athletes

Chairs: Elisabeth Vesterbekkmo and Charlotte Ingul

17.20–17.40| T-wave inversion in athletes, how to follow up the young and the older athletes

| Michael Papadakis

17.40–18.00| ECG-quiz| Jan Pål Loennechen

18.00-18.10 | Pause

Session 4: Clinical significance

Chairs: Jostein Grimsmo and Elisabeth Vesterbekkmo

18.10 –18.30| Clinical significances of ventricular LGE in athletes | Hein Heidbuchel

18.30–18.50| The clinical significance of premature ventricular beats in athletes| Alessandro Zorzi

18.50-19.10| Return to play after myocarditis: time to abandon the one-size-fits-all approach?

| Guido Claessen

19.10-19.20 | Pause

Session 5: Exercise and blood pressure in athletes

Chairs: Charlotte Ingul and Erik Ekker Solberg

19.20–19.40| Exercise testing of athletes| Christian Schmied

19.40–20.00| When and how to treat high blood pressure during exercise in athletes| André La Gerche

20.00 | Summary| Erik Ekker Solberg

Faculty

International speakers:

Nikolaos Koutlianos, Dr. Nikolaos Koutlianos is Associate Professor in Athletes' Physical Health Evaluation in the School of Physical Education and Sports Science in Aristotle University of Thessaloniki in Greece. He has studied Sports Sciences and Medicine, and he is member of the Sports Medicine Laboratory of Aristotle University. He is an exercise physiologist and he is strongly active in the field of clinical exercise physiology and biomedical side effects of doping.

Michael Papadakis, is a professor of cardiology at St George's, University of London and an Honorary Consultant Cardiologist at St George's University Hospitals NHS Foundation Trust. He is the President of the European Association of Preventive Cardiology (EAPC) and was Chair of the EAPC Section of Sports Cardiology & Exercise (2018-2020). He is the course director of MSc in Sports Cardiology at St. George's, University of London. His research interests include sports cardiology, inherited cardiac conditions, prevention of sudden cardiac death, and cardiac imaging. He has contributed to a number of projects including the creation of the Sports Cardiology core curriculum, the international ECG criteria and exercise recommendations in athletes with heart disease.

Hein Heidbuchel, Professor and Chair of Cardiology at Antwerp University, Belgium. He was Professor at Leuven University from 1994 till 2014, and is also guest Professor at Hasselt University. He was President of the European Heart Rhythm Association (EHRA) for a 2018-2020 term. His career started in cellular electrophysiology and single ion channel recordings and evolved into the full scale of interventional electrophysiology, mainly focusing on ablations. He was the first to implant left ventricular epicardial leads and CRT-systems in Belgium. He is the scientific coordinator of EHRA-PATHS consortium, a Horizon 2020 project with the goal to create holistic, inclusive and personalised treatment strategies for patients with atrial fibrillation (AF). He has published over 400 papers in international peer-reviewed journals. He has done groundbreaking research in sports cardiology and was the Chair of the European Sports Cardiology section between 2010 and 2012.

Alessandro Zorzi, Associate professor of cardiology at the Department of cardiac, thoracic and vascular sciences and public health of the University of Padova, Italy. His main research areas are in clinical electrophysiology and sports cardiology. He has a special interest in arrhythmogenic cardiomyopathy. He is a nucleus Member of the EAPC Sports Cardiology Section.

Guido Claessen, Clinical cardiologist with focus on sports cardiology at Hartcentrum Hasselt (Belgium). He is visiting professor at U Hasselt and KU Leuven Belgium and honorary researcher at the Baker Heart and Diabetes Institute, Melbourne Australia. He is the chairman of the Medical Committee of Belgian Cycling, Board Member of the Belgian Working Group of Non-invasive Cardiac Imaging and nucleus Member of the EAPC Sports Cardiology Section. His research focuses on the effects of endurance exercise on the human heart and the integration of exercise evaluation into the management of patients with cardiovascular disease. He is one of the primary investigators on 2 international research initiatives, the [Pro@Heart](#) and [Master@Heart](#) studies.

Christian Schmied, is professor at the University Hospital Zurich. Cardiologist and Sports Physician at the University Heart Center Zurich (Switzerland). He is a team doctor for the Swiss Women's Ski National Team since 2004 and team doctor for the professional ice hockey team since 2005. He is medical advisor for the FIFA (World Football Federation) since 2006 and medical advisor for the IIHF (International Ice Hockey Federation) since 2012. His research focus areas are in prevention of sudden cardiac death in Sports, Exercise Physiology ECG and Echocardiography in Athletes, Cardiac Rehabilitation, Preventive Cardiology and Exercise-induced Hypertension.

André La Gerche, Professor at Victor Chang Cardiac Research Institute, Melbourne (Australia), and a consultant cardiologist at St Vincent's Hospital Melbourne. He now heads the Heart Exercise And Research Trials (HEART) Lab supported by Victor Chang Cardiac Research Institute and the St Vincent's Institute of Medical Research. It comprises a young team of multi-disciplinary researchers that combine innovative exercise testing and cardiac imaging to identify the factors that contribute to heart muscle dysfunction, heart rhythm problems and cardiac arrest. He has pioneered novel imaging techniques including exercise cardiac magnetic resonance imaging and contrast echocardiography. He has more than 300 peer-review publications and text-book chapters, serves on multiple international guideline statements and is regularly invited to present at major international cardiology conferences.

National speakers:

Øyvind Sandbakk, Professor with the Department of Neuromedicine and Movement Science, Norwegian University of Science and Technology. Director for the Centre for Elite Sports Research. His research is within sport science and exercise physiology, with expertise in strength and endurance training. He has recently published a book on female athletes' exercise training, physiology and health. He is a former cross-country skier, coach, and professional through various roles in Norwegian and international sports.

Erik Madssen, is senior cardiologist and invasive cardiologist at St.Olavs University hospital and associate professor at Department of Circulation and medical imaging, Norwegian University of Science and Technology. His research area is in coronary atherosclerosis, intravascular ultrasound, endothelial function, physical exercise and CVD epidemiology.

Kristian Berge, Kristian Berge, is a cardiology fellow and postdoc at the Department of Cardiology at Akershus University Hospital. His research focus includes acute and chronic heart failure, cardiac biomarkers, coronary atherosclerosis in endurance athletes, and exercise-induced cardiac troponin release.

Jan Pål Loennechen, is a senior cardiologist and electrophysiologist at Olav's Hospital and professor at Department of Circulation and medical imaging, Norwegian University of Science and Technology. His main research area is in atrial fibrillation, arrhythmias and athletes.

Organizing committee:

Erik Ekker Solberg, PhD, consultant cardiologist, specialist in sports medicine, past-chair of the EAPC Section of Sports Cardiology & Exercise. Part of the working group for AG Preventive, Norwegian Cardiological Society. Member of the National Association of Preventive cardiology, Cardiac rehabilitation and Sports cardiology, Norwegian Society of Cardiology.

Jostein Grimsmo, PhD, consultant in physical medicine and rehabilitation, specialist in sports medicine, Ph.D in the field of sports cardiology and sports physiology. Research in sports cardiology. Medical Head, Department of Cardiac Rehabilitation, Lovisenberg Rehabilitation, Cathinka Gulderberg's Hospital. Member of the National Association of Preventive cardiology, Cardiac rehabilitation and Sports cardiology, Norwegian Society of Cardiology.

Elisabeth Kleivhaug Vesterbekkmo, consultant cardiologist and specialist in internal medicine, St.Olavs University hospital finishing her PhD in exercise and atherosclerotic heart disease, Department of Circulation and medical imaging, Norwegian University of Science and Technology. Responsible cardiologist at the National Competence Service Training as medicine. In the reference group for the National competence service for familial hypercholesterolemia and is responsible for the Lipid Outpatient clinic at St.Olavs University hospital. Member of the National Association of Preventive cardiology, Cardiac rehabilitation and Sports cardiology, Norwegian Society of Cardiology.

Charlotte Björk Ingul, professor in cardiology and in paramedics, consultant cardiologist and specialist in anesthesia and intensive care. Professor at the Department of Circulation and Medical Imaging, Faculty of Medicine and Health Sciences, Norwegian University of Science and Technology and at The Faculty of Nursing and Health Sciences, Nord University. National CVD Prevention Coordinator EAPC/ESC. Leader of the National Association of Preventive cardiology, Cardiac rehabilitation and Sports cardiology, Norwegian Society of Cardiology. Leader of the Norwegian Sports Cardiology Network.