



Cardiac screening: Differential cardiac adaptation in female athletes



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Cardiac screening in athletes **is key** to prevent **cardiac dysfunction** and **cardiac sudden death**. Several strategies have been related to incidental findings in asymptomatic athletes.

In order to **detect abnormalities in the heart** of athletes, it is **essential** to understand the normal or physiologic adaptation of the heart to different sportive disciplines. Also, it is know that the **adaptation of females differs** from that observed in male athletes.



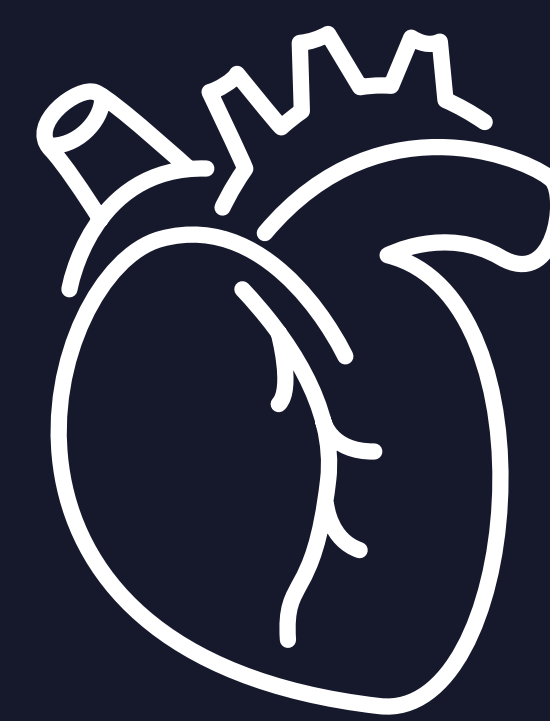
Focus areas include:



Usefulness and strategies of cardiac screening in athletes



Differential aspects of female cardiac adaptation



Take home messages



Cardiac screening

is useful for cardiac sudden death prevention

2



Incidental findings in routine cardiac screening are infrequent but can be related to sudden cardiac death and many **can be treated**

3

Female cardiac adaptation

slightly differs to that observed in male athletes



References

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