



Heartbeat of Football Checklist for Prevention of Sudden Cardiac Death

- Past history of any cardiovascular disease
- Exertional chest pain/tightness
- Unexplained dizziness, blackouts or palpitations
- Excessive breathlessness or fatigue with exertion
- Family history of sudden cardiac death or debilitating cardiac illness especially in close relatives before the age of 50
- Knowledge of family history of specific cardiac conditions (Hypertrophic or dilated cardiomyopathy, Long QT syndrome or other significant cardiac arrhythmias, RV dysplasia, Marfan's syndrome)
- Asthma, other significant medical problems

If you experience or are aware of any of the above, please seek medical review before participating in training or competition

- Cardiovascular risk factors
 - M>45, F>55
 - Diabetes
 - Hypertension
 - high cholesterol
 - smoking
 - overweight/sedentary lifestyle – physically active less than 30 minutes 3x/week

If you have 2 or more of the above risks or are unaware of your BP, sugar level or cholesterol profile, please seek medical review

If you have none of the above symptoms, family history or combination of risk factors you should be able to proceed with competition. A graduated exercise programme before competition has been associated with a reduced risk of sudden cardiac death

- Medical review should include assessment of BP, heart murmurs, carotid artery narrowing, radio femoral delay (aortic coarctation) clinical assessment for Marfan's Syndrome, and check of glucose and cholesterol profiles. If there are clinical concerns or combination of risk factors for coronary artery disease your general practitioner may arrange specialist cardiac review.

Modified from American Heart Association Pre participation questionnaire (Brady 1998) and Pre participation screening in competitive athletes (Maron 2008)

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