Mandatory ECG-screening of athletes

THE ISRAELI EXPERIENCE.

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Do NOT try this at home
The Israel Sport Regulations on Athletes Medical Testing, enacted in 1997.

Sport organizations (clubs, teams) will NOT allow participation of athletes in organized sports unless they undergo medical screening that includes:

- Medical history.
- Physical examination. Every year.
- ECG Every 4 years.
- Exercise tests
  - Every year for: Athletes >35 years old
  - National level competition
OK, you are fit.
You are OK for surgery, so SIGN HERE

No DOC, this is for sports, so YOU SIGN
Who pays?

Initial screening.
- Athlete pays.

Expensive screening.
- Health fund pays.
Competitive water-polo player, age 16, asymptomatic.

Nothing to declare
15 year old water-polo player during maximal exercise.
Sinus rate 175 beats/min.
Does it work?
What is the evidence that screening reduces mortality?

Corrado, JAMA 2006
Results.

Annual incidence of sudden death (per 100,000 person-years)

Averaged yearly incidence of sudden death/cardiac arrest among competitive athletes = 2.6 events/100,000 person-years (1 event per 38,000 athletes-year)

Tel Aviv Marathon.  
Early spring (day-time)

Tel Aviv Nike Run.  
Summer (night-time)
Tel Aviv Marathon:
• 10 km
• 22 km
• 44 km

Data for 137,580 runners participating in the Tel Aviv races: 2007 - 13

For every serious cardiac event there were 10 life-threatening events from heat stroke.

Yankelson (Viskin), JACC, 2014
Don’t believe everything you think.  Allan Lokos.