

Sudden Cardiac Death in Athletes

林宗憲

高雄醫學大學附設醫院心臟血管內科

Sudden cardiac death (SCD) is the leading medical cause of death in athletes; however, the precise incidence is unknown. Studies with higher methodological quality consistently yielded incidence rates in the range of 1:40,000 to 1:80,000. Some athlete subgroups, specifically men, African-American/black athletes and basketball players, appear to be at higher risk. The task of detecting pathological myocardial substrate in athletes is made difficult by physiological adaptations to exercise that can mimic the appearance of cardiomyopathies and ion channelopathies in some individuals. However, we will focus on how to prevent SCD in athletes.