

# WORLD HEART CONGRESS

May 22- 24, 2017 Osaka, Japan

## Football elite players: Special exercise practice and cardiac repercussions- Sport cardiac evaluation consensus is needed to prevent abnormal cardiovascular events

**Ramon Hernandez-Molina**

Atletico de Madrid Football Club, Spain

Among the events of greater participation and worldwide repercussion is the practice of professional football. This is a sport of great importance in most of the countries of the five continents, with football-related sporting events being one of the most followed events by the world population. Unfortunately, the occurrence of adverse events related to the practice of this sport of cardiovascular origin constitutes a very important obstacle both for the normal development of this activity at a competitive level and in the development of the sports activity of elite players. The age range of high competition players in football is between 16 and 35 years. Normally these players undergo pre-entry examinations at different soccer clubs but the development of their physical activity in relation to cardiovascular events, among them sudden death, has shown that this initial evaluation is insufficient for the correct follow-up and prevention of cardiovascular events in the extreme physical activity that this type of athletes develop. The development of norms of cardiological performance in these players will allow a very significant decrease in the appearance of negative cardiovascular events as well as the prevention of any alterations that may affect their normal physical activity. There is no doubt that this type of cardiological action on the football player will contribute to the best development of football matches of the training and any activity of this type of elite athletes.

### Biography

Ramon Hernandez Molina is a Clinical Cardiologist with over 25 years of experience in Cardiovascular Risk Assessment including prevention of cardiovascular events, as well as the cardiological follow-up of people who practice sports. For more than 5 years, he is the Reference Cardiologist for the continuous evaluation of the players of the first soccer team of Atletico Madrid. Developing activity through an intensive electrocardiographic and echocardiographic clinical evaluation in each and every one of the players, he believes that it is very important to individualize the cardiological prevention needs of the elite player to minimize their possible cardiovascular events.

viro40@hotmail.com

### Notes: