

Myocarditis & Athletes:

What you need to know!



Myocarditis is the leading cause of death in athletes. Myocarditis is an inflammatory disease of the myocardium (muscle tissue of the heart). It is frequently caused by viral infections. It has a broad spectrum of clinical presentations: from mild self-resolving symptoms to heart failures and sudden cardiac death in athletes. It can cause the heart to lose electrical signal and decreased ability for adequate blood pumping.

Why are athletes more vulnerable?

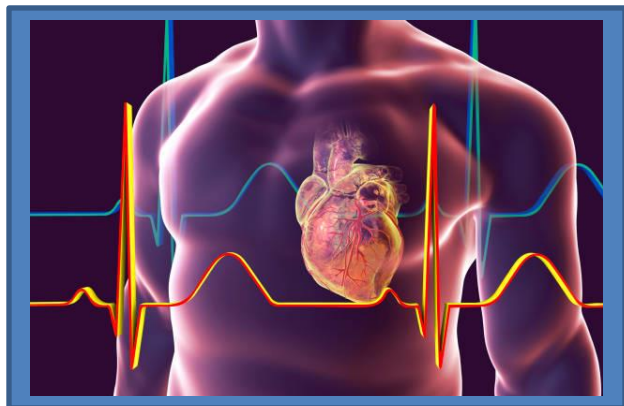
- Increased risk for viral infection due to increased exposure to pathogens
 - Traveling and competition
- Impaired immune system
 - Continued training with infection
 - Resuming training too early
 - Strenuous training and competition
 - Training and competing in severe or adverse weather

Signs and Symptoms of Myocarditis in athletes:

- Non-specific fatigue
- Muscle soreness
- Increased heart rate at rest and exercise
- Reduced overall exercise capacity

Screening Athletes

- Athletes should undergo cardiovascular screening before athletic participation.
- This screening should include electrocardiogram (ECG), cardiac biomarkers, echocardiography, and cardiac MRI (CMR)
- An (CMR) can help assess inflammation, oedema, and fibrosis. These are crucial measures for prognosis and return to sport.
- If an athlete tested positive for COVID-19 and had any symptoms it is recommended they receive an ECG before participation.



Sports Medicine

5623 Pulpit Peak View
Colorado Springs, CO 80918

socoathletictrainers@uchealth.org

uchealth.org

uchealth

Return to Play

- Athlete should obtain written clearance from a qualified medical provider, such as a cardiologist.
- School athletic trainer needs to oversee progressive RTP plan.
- Gradually increase activity.
- Follow-up ECG and exams should be performed yearly.



BE PREPARED!

SCA is the #1 cause of death for student-athletes during exercise and sport.

Sports Medicine

5623 Pulpit Peak View
Colorado Springs, CO

socoathletictrainers@uchealth.org

uchealth.org

uchealth