

The Sports Cardiology Clinic

Program Director: C. Patrick Green, MD

Our Sports Cardiology Clinic emphasizes:

1. Screening of asymptomatic competitive athletes, including:
 - a. Young competitive athletes (ages 18-35) for hypertrophic cardiomyopathy
 - b. Athletes 36+ for coronary artery disease
2. Evaluation of athletes with symptoms of possible cardiovascular disease, such as shortness of breath, chest pain, palpitations, dizziness or fainting during exercise.
3. Advising athletes with known cardiovascular disease on exercise, including levels of exertion during exercise and athletic competition.

Evaluation will be tailored to the athlete's specific situation and may include:

1. A thorough review of the patient's medical history and symptoms
2. Review of athletic history and goals
3. Complete cardiovascular physical exam
4. Electrocardiogram
5. Exercise treadmill testing, cardiovascular imaging (echocardiography, cardiovascular CT)
6. Lab testing
7. Recommendation regarding athletic competition, levels of exertion during exercise, etc.

Heart Center of the Rockies accept patients 18 years and older. Sports cardiology patients may play sports at any level, from recreational to high-level athletic competition.

When to consider evaluation in the Sports Cardiology Clinic:

1. Family history of sudden death at a young age (< 45 yrs old)
2. Symptoms of shortness of breath and/or chest discomfort during exertion
3. Symptoms of palpitations, dizziness or passing out, especially during or immediately after exertion
4. Evaluation of an unexplained decline in athletic performance
5. Before beginning an exercise program (for previously sedentary individuals)
6. Clearance to exercise in patients with known heart disease or prior cardiovascular surgery
7. Assessment of long-term cardiovascular risk factors

Dr. Green has been with the Heart Center since 1999. He is board-certified in adult cardiovascular disease, echocardiography, nuclear cardiology and cardiovascular CT. He

has a personal interest in sports, exercise and the role cardiovascular fitness plays in reducing risk of cardiovascular disease. As an athlete himself, he understands the importance of sports and remaining active.

Appointments can be made at the Heart Center of the Rockies, (970) 221-1000.