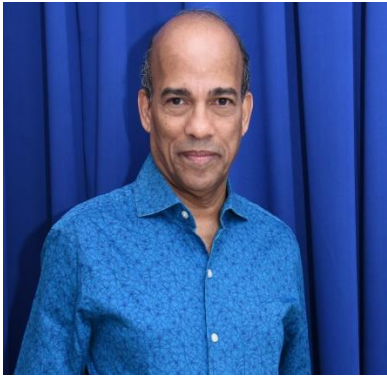


MEDICAL LEARNING

Case 15



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Today I was examining a footballer before he was to be made fit for playing. He was unfit to play competitive sports because of a heart condition called Hypertrophic cardiomyopathy. We have seen a number of such young people dying suddenly during play or on Gym. Can you imagine the feeling and state of mind of this man? Most of the high level games and top Gyms ask the players to get themselves medically examined and proper fitness to be given by doctors before they join.

A number of times they are examined superficially and made fit. There are a few heart conditions which are not diagnosed unless they are properly checked. These conditions may be existing from birth or they may have started in early childhood. The conditions like Hypertrophic cardiomyopathy, Arrhythmogenic right ventricular cardiomyopathy, Dilated cardiomyopathy, Non compaction and other rare cardiomyopathy, Congenital anomalous coronary arteries, a number of aortopathies, Myocarditis, Valvular heart diseases, Atherosclerotic coronary artery disease etc. are the ones which need to be ruled out or corrected before a person is made fit for competitive sports. The basic way to find these conditions which may make a young person lose his life is careful physical checking and a few tests for heart. The most important test is ECG and Echocardiography in which you can actually see the person's heart and find out if any such defect persists which may make a person lose his life during competitive sport.

I would say that it should be a routine to get the person medically checked and at least have a few tests done to rule out such conditions and make him fit, rather than allow him to blindly play in competitive sports. In fact such medical check-ups must be done at school level before the person chooses his profession as sports.

My advice to schools and parents is to please get your child properly checked for such rare conditions which usually go unnoticed and make sure that your child is safe before he even starts his training in sports. The same thing applies to GYMS. It is my personal appeal to all those who want to join gyms to please get your medical fitness done before you enrol yourself in the gyms. If cost is the problem, medical check-up can be done at public hospitals also. Don't wait till the child is made unfit when it reaches a substantially higher level.