

SPORTS CARDIOLOGY PROGRAM



Photos courtesy of Ashwin Rao

The UW Medicine Sports Cardiology Program aims to transform the delivery of cardiovascular care in athletes to promote safe athletic participation. Through advanced heart screening, scientific research, community outreach and education, our team works to prevent Sudden Cardiac Arrest (SCA) in young athletes—the leading cause of sudden death in sports.

Our services

The Sports Cardiology Program provides a new model for the cardiovascular care of young, competitive and elite athletes by performing advanced heart screens. Many of the conditions that cause sudden cardiac death in young athletes are detectable by electrocardiogram (ECG), a non-invasive test that measures the electrical activity of the heart—and our physicians have extensive experience interpreting these ECGs and identifying potential cardiac issues.

Sports cardiology services:

- Heart screens
- Sports physicals with ECG
- Evaluation of cardiovascular symptoms
- Cardiopulmonary exercise testing / VO2 max study

UW Medicine offers these sports cardiology services at our new state-of-the-art Sports Medicine Center located at Husky Stadium. Additional cardiology services are offered through the UW Medicine Regional Heart Center and Seattle Children's.

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Stay heart safe! While our program can detect many of the heart conditions that place athletes at risk of SCA, it does not screen for all such causes. We recommend a heart screen every 1-2 years for young athletes engaging in competitive sports.

Our team

Our Sports Cardiology Program builds upon a strong existing collaboration between the UW Medicine sports medicine and cardiology programs. The same sports medicine physicians who serve as team physicians for the University of Washington Huskies and the Seattle Seahawks perform heart screens in the Sports Cardiology Program. Partnering with the Nick of Time Foundation, we have screened more than 10,000 students in the greater Seattle area, as well as college and professional athletes.

Research

The UW Medicine Sports Cardiology Program has a robust research program with the goal of working to prevent sudden cardiac death and promoting cardiovascular safety in athletes. Specific areas of focus include the following:

- Frequency and causes of SCA in young athletes
- Cardiovascular screening in athletes and the role of early detection
- Improving ECG interpretation in athletes and the development of educational resources for health providers around the world
- Emergency planning and use of defibrillators in school and athletic settings



For referral or appointment

Call the UW Medicine Contact Center at 206.520.5000.