

# RECOMMENDATIONS FOR ATHLETIC ACTIVITIES AFTER CORONARY HEART DISEASE

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# COVID-19 infection

- ▣ The new coronavirus, called the Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) led to a pandemic called the Coronavirus Disease 2019 (COVID-19).
- ▣ COVID-19 is associated with severe respiratory and cardiovascular symptoms and complications.
- ▣ In the elderly and people with comorbidities it leads to multiple organ failure with lethal outcome

# COVID-19 and sport

- ▣ Athletes do not belong to the risk group for a more severe form of the disease
- ▣ But, many elite athletes and even entire sports teams were affected by the infection

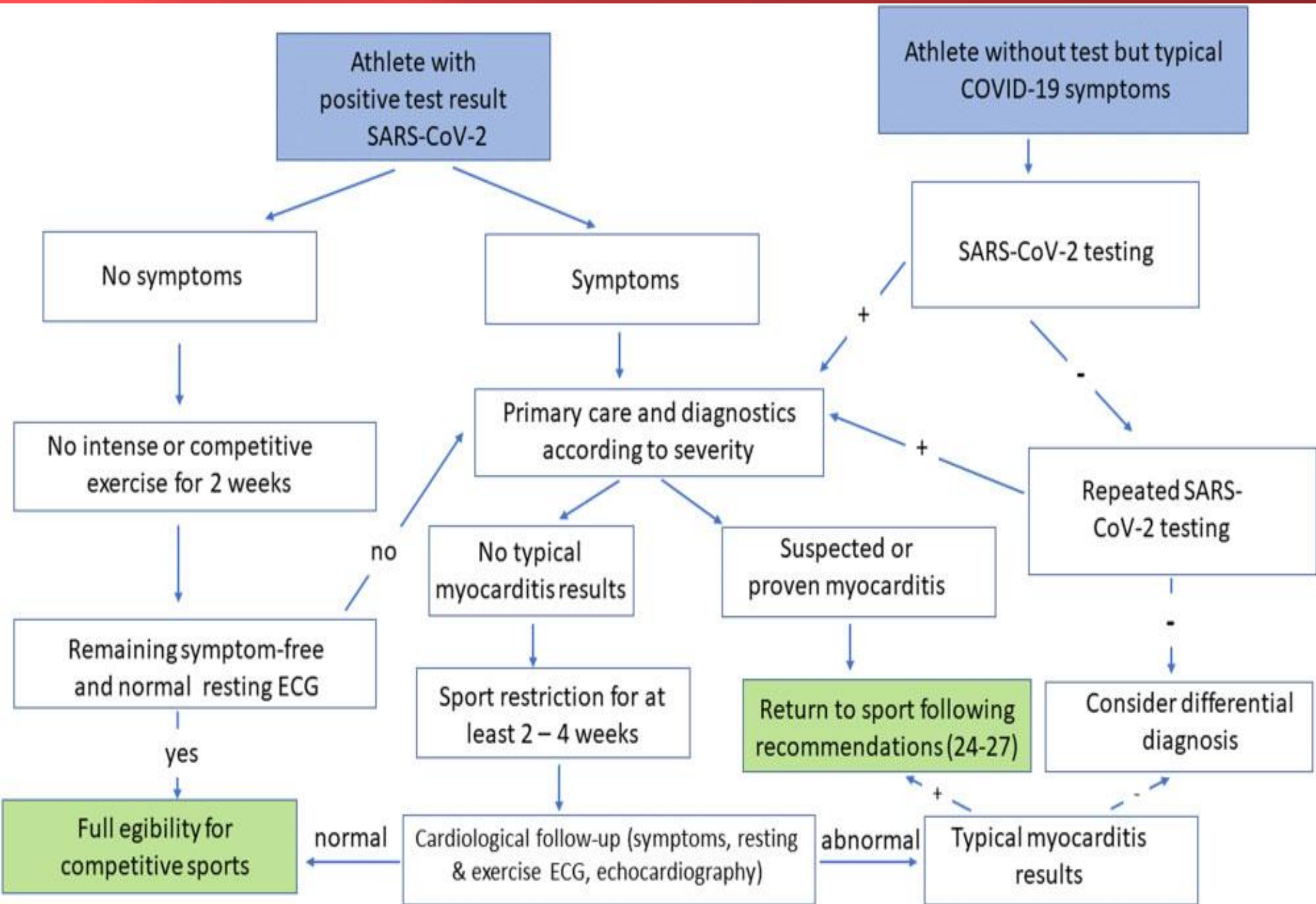
# Affected players

- ▣ Italy: 11 Serie A players
- ▣ England: Arsenal manager Mikel Arteta and Chelsea player Kalum Hudson-Odoi
- ▣ Germany: two members of Hanover 96
- ▣ Spain: Five members of Valencia infected
- ▣ Basketball players: cases from the USA, Spain and Italy
- ▣ Three cases among cyclists
- ▣ One McLaren member in Formula 1
- ▣ One case of infection among judokas, as well as five among wrestlers.
- ▣ Two handball players of French Chambéry.
- ▣ Serbian athletes : Novk Đoković (tenis),
- ▣ Nikola Rosić, Aleksandar Atanasijević i Marko Podraščanin, (odbojka)
- ▣ Nevena Majstorović (odbojka)
- ▣ Marko Gobeljić, Njegoš Petrović, Dušan Jovančić, Marko Konatar i Branko Jovičić (fudbaleri Crvene Zvezde)
- ▣ Fudbaleri Spartaka
- ▣ Selektor pionirske reprezentacije Srbije u fudbalu
- ▣ Superligaške sudije Srđan Jovanović, Milan Mihajlović i Uroš Stojković.

- ▣ Myocarditis is one of the leading causes of sport-associated sudden cardiac death in the group of athletes under 35 years of age
- ▣ The clinical presentation of myocarditis in athletes is often non-specific
- ▣ Athletes are often not subjected to a COVID-19
- ▣ Potential COVID-19-associated myocardial involvement or myocarditis cannot be made.

# Recommendations for athletic activities

- ▣ The great efforts of elite sports place great cardiorespiratory demands.
- ▣ American College of Cardiology's Sports & Exercise Cardiology Council, with input from national leaders in sports cardiology, gave the first practical guidance to physicians in diagnostic, therapeutic and rehabilitation for affected athletes.
- ▣ They gave practical guidance for athletes themselves in behavior following COVID – 19 infection.



# Conclusion

- The cardiovascular effects and long-term consequences of COVID-19 are currently unclear
- These recommendations might be very helpful in further assessment of the athlete's ability after recovery from COVID 19.
- Further monitoring of the epidemiological situation among athletes is necessary.



Thank you for your attention