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AC066

Adult Cardiology & Clinical Cardiovascular Medicine • Poster Presentation

RELATIONSHIP BETWEEN ECHOCARDIOGRAPHIC INDICES OF VENTRICULAR REMODELING AND VENTRICULAR REPOLARIZATION HETEROGENEITY IN AMATEUR MALE FOOTBALLERS

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Background: Exercise-induced ventricular remodeling may affect arrhythmic risk in athletes. Tpeak–Tend (Tp-e) interval and Tp-e/QT ratio are markers of ventricular repolarization heterogeneity. Methods: Fifty amateur male footballers and 25 matched non-athlete controls underwent clinical assessment, ECG, and echocardiography to evaluate ventricular remodeling and repolarization. Results: Footballers had lower resting heart rates, greater ventricular dimensions, and lower repolarization heterogeneity than controls. Right ventricular outflow tract diameter and left ventricular wall thickness correlated positively with repolarization heterogeneity. Conclusion: Physiological ventricular remodeling in amateur footballers was associated with lower repolarization heterogeneity, suggesting potential cardioprotective effects of moderate exercise. Further studies in professional athletes are warranted.

Keywords: sudden cardiac death, athletes heart, footballers, ventricular remodelling, ventricular repolarization heterogeneity