

SPORTS CARDIOLOGY CENTER



At Cleveland Clinic's Sports Cardiology Center, we are dedicated to working with athletes — from professional athletes to weekend warriors — who are at risk for, have been diagnosed with, or are recovering from cardiovascular disease. Together, we can help them continue safely playing their sport.

WE SPECIALIZE IN:

- Timely and comprehensive individual and sport-specific cardiovascular assessment
- Patient-centered counseling on lifestyle, prevention, nutrition and training
- Advanced imaging techniques to ensure accurate diagnosis and treatment plans

OUR TEAM OF SPECIALISTS INCLUDES:

- Cardiovascular medicine
- Vascular surgery
- Pulmonary medicine
- Psychology
- Cardiothoracic surgery
- Sports health
- Genetic counseling
- Nutrition
- Exercise physiology

MAKE AN APPOINTMENT:

Call **800.659.7822** to make an appointment with the Sports Cardiology Center today. No referral is necessary, unless specifically required by your insurance.



Cleveland Clinic has pioneered many breakthroughs, including coronary artery bypass surgery, and has one of the largest, most experienced cardiac and thoracic surgery groups in the world.

U.S. News & World Report has ranked Cleveland Clinic as the nation's No. 1 heart program for 20 years.

We use a multidisciplinary team approach to customize care for each and every patient, factoring in their age, medical history and any needed cardiovascular testing.

OUR SERVICES:

Our Center helps patients who have a wide variety of needs, including:

- Abnormal sports screening pre-participation questionnaires
- Abnormal findings on an EKG, echocardiogram, exercise stress test
- Signs of heart disease found during a routine exam (such as a murmur)
- New onset symptoms with training or during competition (such as dizziness/syncope, chest discomfort, shortness of breath or palpitations)
- Unexplained decline in sports performance
- Congenital heart or vascular disease
- Risk factors or family history of cardiovascular disease or sudden cardiac death
- Advice on regaining athletic performance after a medical or surgical treatment
- Clearance to return-to-play after an event or treatment
- Counseling regarding risks/benefits of various training strategies and sports competition
- Older or untrained individuals who wish to return to athletic activity or play a sport

What can I expect from my sports cardiology consultation?



1

You will meet with a nurse from our team who will collect your information and begin your evaluation.



2

You will receive personalized tests based on your needs, which may include basic blood work, electrocardiogram, specialized echocardiogram and chest X-ray. Further testing will be tailored to your presenting complaint and findings at the time of your evaluation. These may include cardiac MRI or CT, exercise stress test/ cardiopulmonary testing, tilt table and/or arrhythmia monitoring.



3

You will meet with a sports cardiologist and any other physician specialists based on your needs who will review your records and medical history, conduct a physical exam and assess your test results. We will then discuss our evaluation and plan with you. If needed, you will also meet with any other team members to round out your plan to enhance training and performance.



Official Healthcare Provider
of the Cleveland Cavaliers



Preferred Healthcare Provider
of the Cleveland Indians



FOR OUT-OF-TOWN PATIENTS

If you are traveling to Cleveland Clinic, our team helps conveniently coordinating appointments within one to two days, whenever possible.



STAY CONNECTED...

Make an appointment
800.659.7822

clevelandclinic.org/sportscardiology