

# Sudden cardiac death: the finish line as a beginning: a true endurance race in a case report

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Received 7 November 2017; accepted 9 October 2018

## Background

The benefits of exercise are well documented. Intensive exercise for more than 4 h per week is associated with cardiovascular remodelling, including increases in ventricular dimensions, wall thickness, and left ventricular mass. These changes are influenced by sex, ethnicity, and type and duration of exercise. In highly trained endurance athletes, exercise is often associated with electrocardiographic changes at rest.

## Case summary

A well-trained endurance athlete underwent cardiac investigation after his 33-year-old brother died while jogging. A resting 12-lead electrocardiogram showed significant first degree atrioventricular block (AVB), and longer monitoring revealed advanced AVB. This led to further testing and exercise restrictions.

## Discussion

Although most electrocardiographic changes are related to athletic performance, the distinction between normal variants, often exaggerated by the physiology of the conditioned athlete, and myocardial or electrical disease may be challenging. Athletes should undergo comprehensive cardiovascular evaluation, with management based on these results.

## Keywords

Athlete • Heart • Sports cardiology • Endurance training • Sudden cardiac death • Case report

## Learning points

- Athletes perform physical activity beyond the recommended levels, which induces cardiac electrical, structural and functional adaptive alterations.
- These alterations are influenced by age, sex, ethnicity, type of sport, and training intensity. They can overlap with morphologically mild forms of primary cardiomyopathies.
- Physicians responsible for cardiovascular care of athletes should correctly differentiate athlete's heart from cardiomyopathy. Decisions for eligibility or sports disqualification may have significant implications to the individual.

## Introduction

Sudden cardiac death (SCD) in young patients during leisure sports activities is a rare but tragic event.<sup>1</sup> Subsequently, first degree family relatives should be carefully screened for suspicious abnormal cardiac signs or symptoms. Screening can be disease oriented when the proband has a known diagnosis or can be general otherwise. Because regular intensive exercise induces adaptive cardiac remodelling, it is necessary to differentiate between harmless alterations and dangerous conditions, situations that frequently overlap in athletes.

\* Corresponding author: Tel: +351 914973570, Fax: +351 244817000, Email: [santosbeatrizsg@gmail.com](mailto:santosbeatrizsg@gmail.com). This case report was reviewed by Sábila Gazi, Daniel Schom, Anel Halilovic, Christian Fielder-Carnes, and Peregrine Green.

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# Sudden Death Finish

**Henry Rider Haggard**



## **Sudden Death Finish:**

**EBOOK: Death's Dominion: Ethics at the End of Life** Simon Woods,2006-12-16 I enjoyed reading this book very much It is very readable and well argued using real life cases and thought experiments as well The book provides the reader with a short history of and an overview of the most important issues in modern palliative care Various theoretical discussions are clearly set out such as the relationship between the hospice movement and modern palliative care between palliative care and health care in general between palliative sedation and euthanasia and the question whether euthanasia can be part of palliative care The author starts with exploring the existing debates and then develops his own arguments in a balanced and well structured way Medicine Health Care and Philosophy The text of this book is accessible the philosophical and ethical arguments are clearly articulated and relevant ethical principles are integrated into the critique of the issues making this a very useful book for nurses working in palliative as well as in general care Nursing Ethics It is crucially important for any student or researcher who is seriously considering ethical and policy matters at the end of life to embrace and tackle intellectually the issues that Woods raises in this book I would happily recommend it Journal of Medical Ethics What constitutes a good death Is it possible to arrange a good death Is killing compatible with caring This book looks at death and the issues and ethical dilemmas faced at the end of life It addresses the central issues in the field such as Withholding and withdrawing treatment Euthanasia and assisted suicide Terminal sedation The role of autonomy Palliative care Drawing on a philosophical framework the author explores end of life issues in order to reflect on the nature of the good death and how this may be achieved The book considers whether it is permissible or desirable to influence the quality of dying offering palliative sedation as a possible alternative to terminal sedation the argument is extended to examine why some forms of assisted dying can be shown to be compatible with the ideas of palliative care Consideration is also given to future developments such as life extension techniques and the ethical questions that that these techniques might raise As such the book follows in the ongoing philosophical tradition to critique and analyse current thought on the topic of death encouraging self reflection in the reader and offering suggestions for practice in end of life care Death s Dominion is key reading for students and professionals involved in care of the dying as well as those with an interest in the philosophical issues surrounding end of life care

**Death'S Dominion: Ethics At The End Of Life** Woods, Simon,2006-12-01 Drawing on a philosophical framework the author explores end of life issues in order to reflect on the nature of the good death and how this may be achieved The book considers whether it is permissible or desirable to influence the quality of dying of

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Halleran,1986-11-01 *Annual Report of the President of the University for the Year Ending ...* Stanford University,1929

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Shakespeare,1907      **Annual Report of the Minister of Mines for the Year Ending ...** British Columbia. Dept. of Mines,British Columbia. Dept. of Mines and Petroleum Resources,British Columbia. Minister of Mines' Office,1919

*Golden Thoughts on Mother, Home, and Heaven* ,1882      *Sleuths, Sidekicks and Stooges* Joseph Green,Jim Finch,1997

This reference work on British and American crime mystery and adventure fiction in English contains 7 000 entries listed alphabetically by detective providing information about sleuths their sidekicks and their rivals A broad definition of detective is used encompassing Batman Sherlock Holmes James Bond Nero Wolfe and Hercule Poirot      **Annual Report of the**

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**Report of Decisions by the Department and State Courts** Iowa. Workmen's Compensation Service,1926      *Murder,*

*Misadventure and Miserable Ends* Dr Catie Gilchrist,2019-03-01 Murder manslaughter suicide mishap the very public business of determining death in colonial Sydney Murder in colonial Sydney was a surprisingly rare occurrence so when it did happen it caused a great sensation People flocked to the scene of the crime to the coroner s court and to the criminal courts to catch a glimpse of the accused Most of us today rarely see a dead body In nineteenth century Sydney when health was precarious and workplaces and the busy city streets were often dangerous witnessing a death was rather common And any death that was sudden or suspicious would be investigated by the coroner Henry Shiell was the Sydney City Coroner from 1866 to 1889 In the course of his unusually long career he delved into the lives loves crimes homes and workplaces of colonial Sydneysiders He learnt of envies infidelities passions and loyalties and just how short sad and violent some lives were But his court was also at times instrumental in calling for new laws and regulations to make life safer Catie Gilchrist explores the nineteenth century city as a precarious place of bustling streets and rowdy hotels harbourside wharves and dangerous industries With few safety regulations the colourful city was also a place of frequent inquests silent morgues and solemn graveyards This is the story of life and death in colonial Sydney PRAISE Catie Gilchrist draws back the veil on death in nineteenth century Sydney to reveal life ordinary tragic and hopeful David Hunt author of *Girt and True Girt*      **The Best**

**of Henry Longhurst** Henry Longhurst,1978      **Annals of Surgery** ,1909 Includes the transactions of the American Surgical Association New York Surgical Society Philadelphia Academy of Surgery Southern Surgical Association Central Surgical Association and at various times of other similar organizations

*A Practical Treatise on the Office and Duties of Coroners in Ontario, with an Appendix of Forms* William Fuller Alves Boys,1878      **The Homoeopathic World** ,1895

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