



N = 800+ Recreationally Competitive and High Performance Masters Athletes

Initial Screen:

History and Personal Symptoms Questionnaire, Physical Exam,
Framingham Risk Score, Resting 12-lead ECG

Negative

No Further Testing →
Follow-up (5 Years):
ECG, FRS,
Questionnaire

Positive

Exercise Treadmill Test

Positive

Further Examinations (i.e. echo, 24 h
holter, CMR, CCT/CACS)

**No Cardiovascular
Disease**

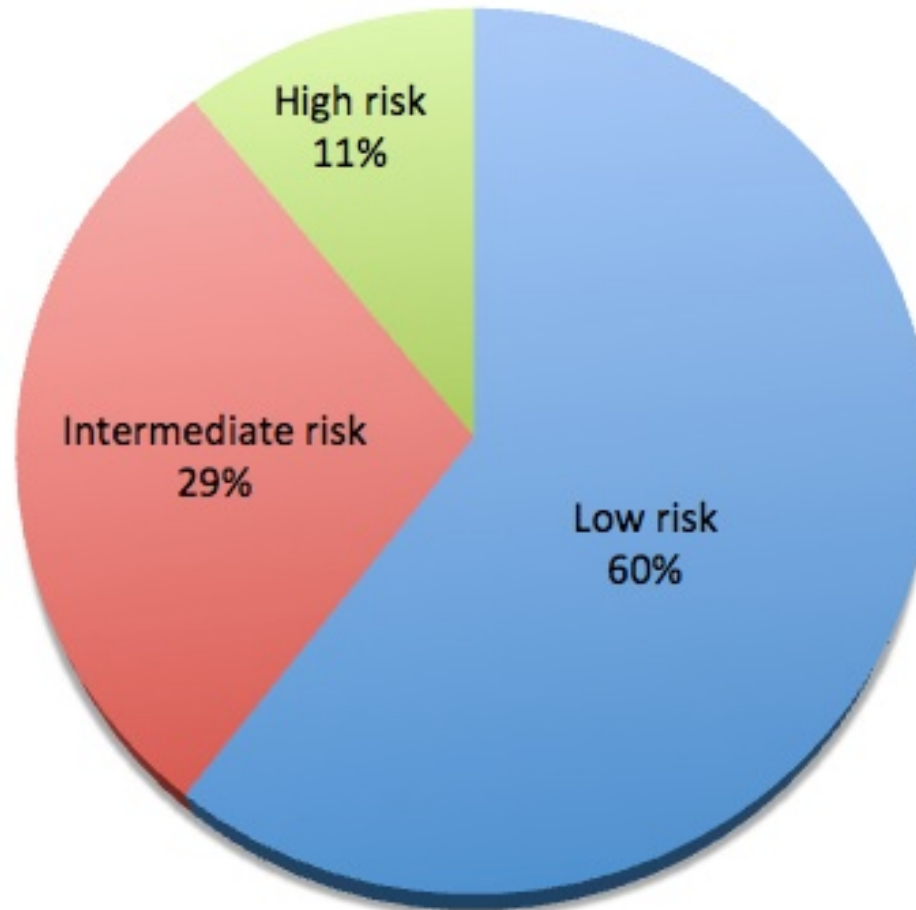
Follow-up (5 years):
ECG, FRS,
Questionnaire

CVD → q1yr Follow-up

**Other →
Clinical Care**

Masters Study – Interim Results

Framingham Risk Score

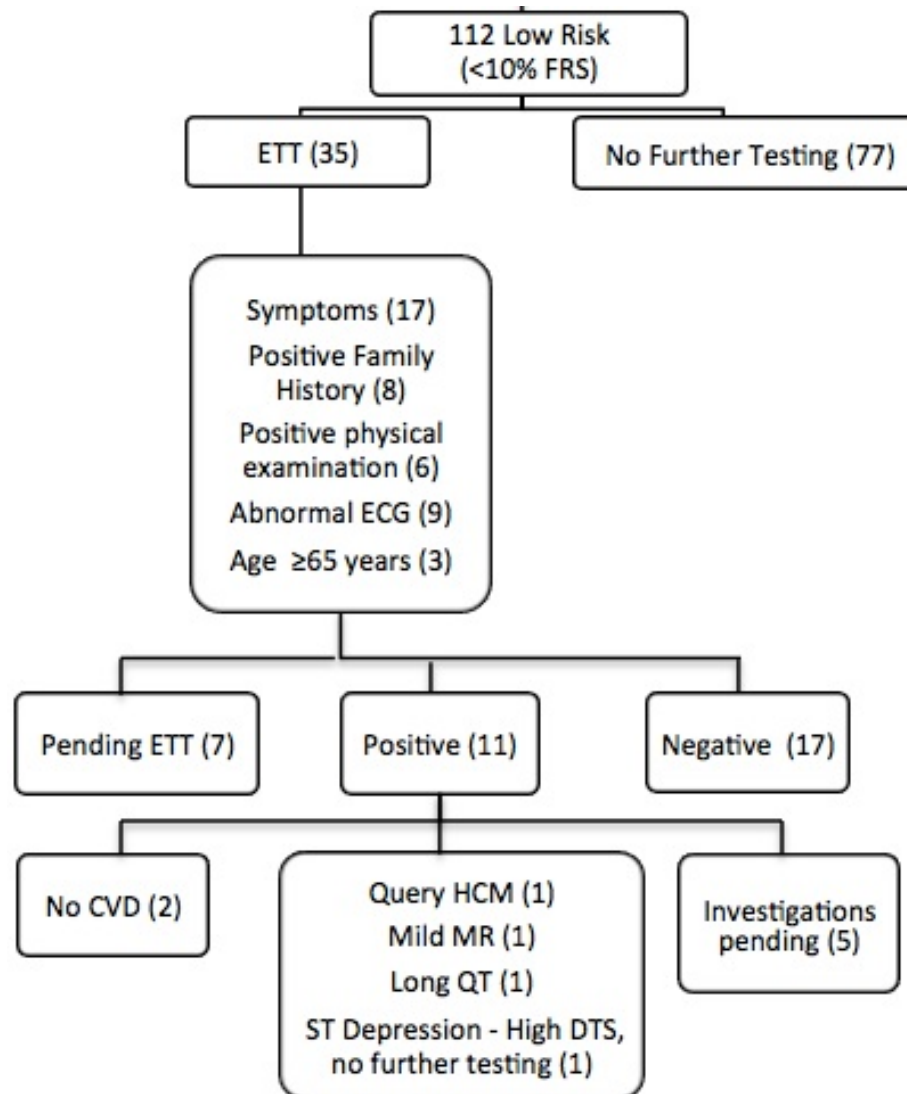


185 Patients

Masters Study – Interim Results



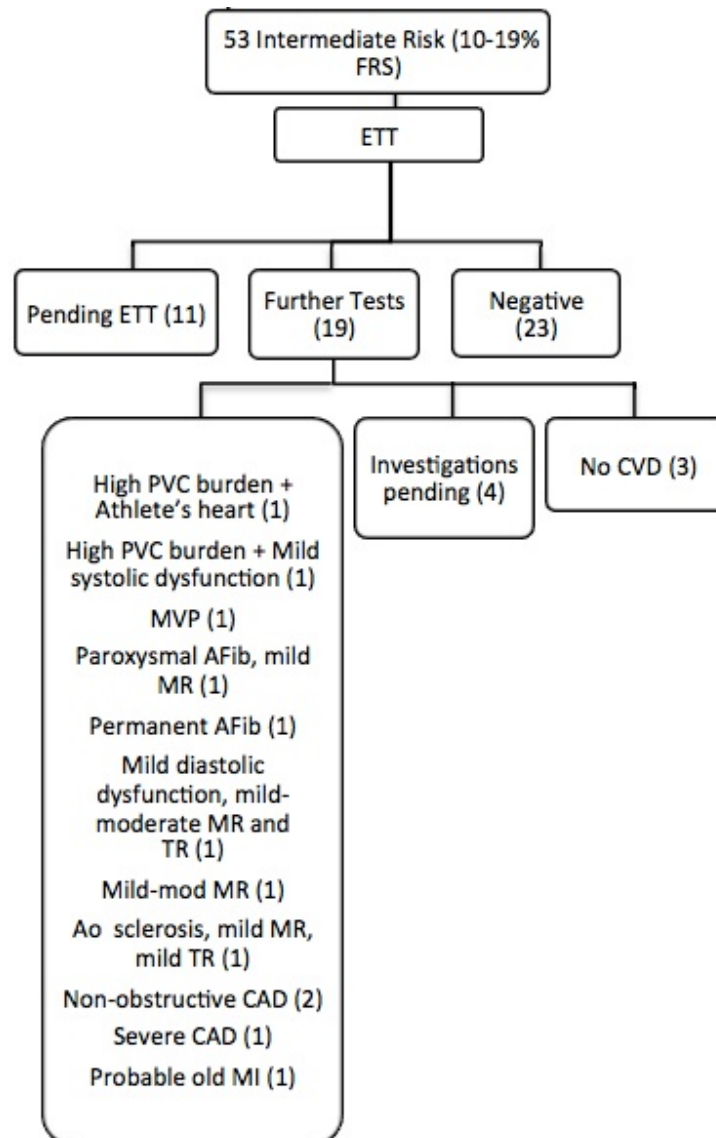
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Masters Study – Interim Results



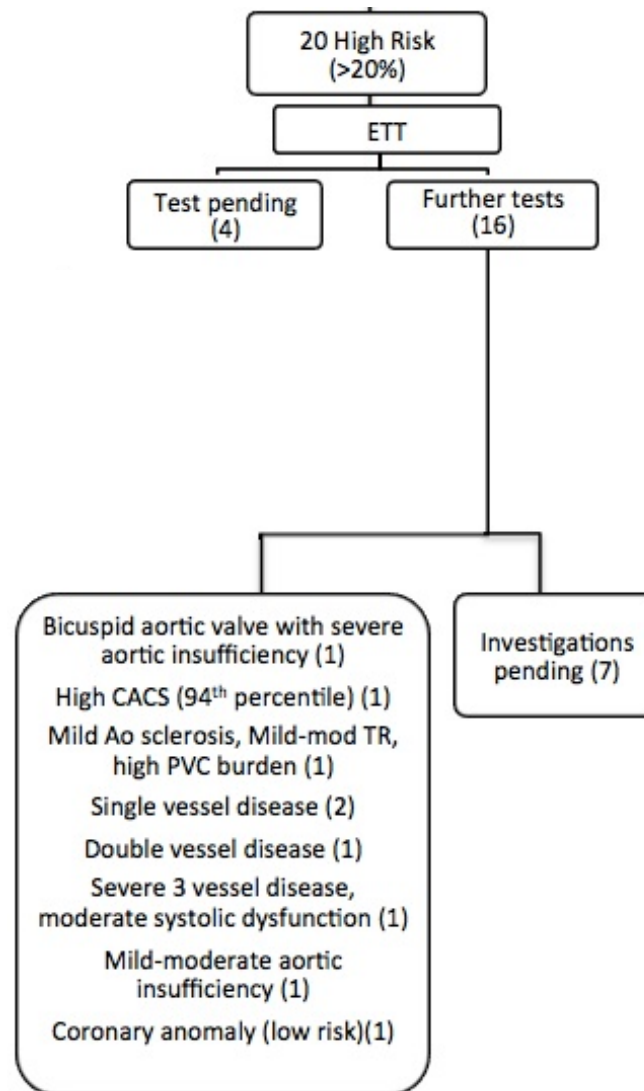
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Masters Study – Interim Results



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Masters Study – Interim Conclusions



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- Masters athletes are not immune to elevated cardiovascular risk
- Significant CV disease exists amongst asymptomatic physically fit Masters athletes
- Systematic screening amongst Masters athletes may worthwhile in select cases