Yale University School of Medicine
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# ICD SPORTS REGISTRY

CENTRAL SITE

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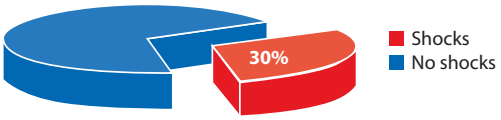
Dear Members of the NATA:

We are writing to let you know about an exciting new registry, the ICD Sports Registry, whose goal is to determine the safety of sports for patients with implantable cardioverter-defibrillators (ICDs). Whether sports are safe for individuals with ICDs is currently unknown. Because the efficacy of the ICD during conditions of competitive sports is unknown, the current 36th Bethesda conference on Eligibility Recommendations for Competitive Athletes with Cardiovascular Abnormalities[1] do not recommend that patients with ICDs participate in competitive sports more vigorous than golf or bowling. However, a recent survey of Heart Rhythm Society members[2] suggests that many patients with ICDs are playing vigorous and even competitive sports, regardless of physician recommendations. Similarly, a survey of American Medical Society for Sports Medicine members (N=438, 44% response rate) found that, among the 81 members who had cared for patients with ICDs, 53 athletes were actively participating. While many had received shocks (see graph below), serious adverse events were not common.[3]




The goal of the ICD sports registry is to enroll and follow these individuals prospectively, to gather definitive data to describe and quantify the risks of sports participation. If sports do in fact carry the risks that have been hypothesized, it is important for the ICD patients currently participating in sports to be aware of potential problems. If sports are safer than hypothesized, a lifting of restrictions may improve quality of life for patients with an ICD who have currently chosen to refrain from sports. This registry does not endorse competitive sports for patients with ICDs. Rather, we are trying to obtain information by following those patients who have already made the decision to participate, which will ultimately be of benefit for all ICD patients making this decision.

The ICD Sports Registry is currently enrolling individuals age 10 to 60 years old who have chosen, with or without the approval of their physician, to participate in competitive sports at any level, from little league, to college or elite athletes, to marathon runners or the weekly league at the tennis club. Patients participating regularly in potentially dangerous sports such as skiing or surfing will also be enrolled.

We would like to disseminate information about the registry to athletes throughout the country, who can then contact us directly. If there are athletes you are working with who might be interested in participating in the study, please pass along this information, or let us know their contact information if this is what the patient prefers.
Subject interviews will take place by phone and consent by mail, so there are no geographic constraints to participation.
Please contact Leah White at The Ohio State University by phone at *1-877-478-2478* or by email at *Leah.White@osumc.edu.*
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3. Lawless CE: Safety and efficacy of implantable cardioverter-defibrillators and automatic external defibrillators in athletes. AMSSM Scientific Sessions 2006.