

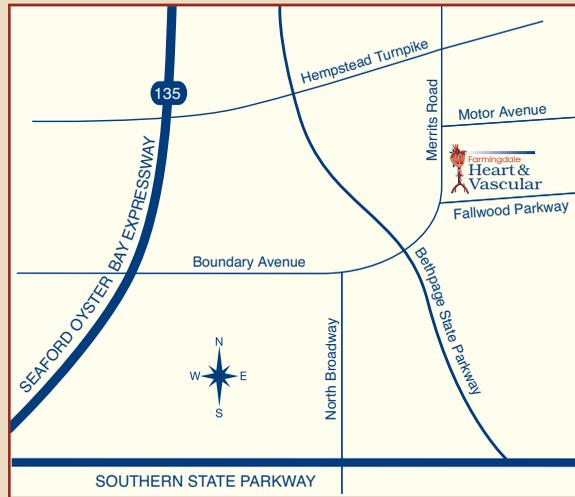
Directions

From LIE or Northern State Parkway:

Take Route 135 South (Seaford Oyster Bay Expressway). From Route 135, take Boundary Avenue east 1.5 miles to Fallwood Parkway. Turn right. First building on the right.

From Southern State Parkway:

Take Broadway Massapequa/ Farmingdale Exit 30 to Boundary Avenue. Turn right and go 3/10 mile to Fallwood Parkway. Turn right. First building on the right.



The Elite Cardiovascular Performance Clinic at The Farmingdale Heart Center

206 Fallwood Parkway
Farmingdale, NY 11735

P (516) 249-1020
F (516) 249-1305
www.farmingdaleheart.com

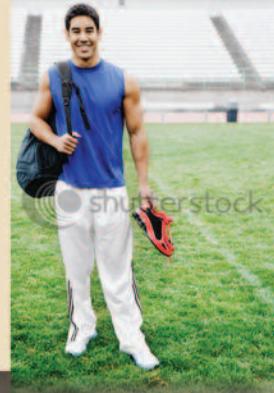
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Cardiovascular Screening for Competitive Athletes

P (516) 249-1020

Smart For Your Heart

The Elite Cardiovascular Performance Clinic at The Farmingdale Heart Center



About Heart Care for the Elite Athlete – Comprehensive Cardiovascular Screening

Every athlete, from youth through recreational, interscholastic, intercollegiate to professional wants to achieve top performance. And in this era of technology and sports science every athlete is searching for the edge. What can get them to the next level of performance. Well, regardless of the talent level and at whatever tier you are performing all athletes have one thing in common..the need for an optimally functioning heart and cardiovascular system. It is the engine at the core of our bodies complex machinery.

The athletes performance is dependent upon optimal aerobic conditioning. Without this basic function the elite athlete is common! No different than the sedentary non athlete. To achieve the highest level of fitness and thus reach your peak performance the athlete must know their most precious commodity won't fall under the stresses of training and competitive performance. So if you want to reach your peak and perhaps get to the next level take the time to have your heart and cardiovascular system evaluated. Train with confidence and peace of mind.

Visit the "Elite cardiovascular Performance Clinic" at Farmingdale Heart & Vascular. It may be the smartest thing you ever do for your heart.

The Cardiovascular Risk Assessment Program

4 Steps for Diagnosing Cardiovascular Abnormalities in Competitive Athletes

Use the 12-point American Heart Association Recommendations for Screening for Cardiovascular Abnormalities in Competitive Athletes,

An Electrocardiogram

Conduct more advanced testing in certain individuals based on what you believe you will find. (i.e., echocardiography, exercise and cardiopulmonary stress testing, ambulatory arrhythmic monitoring, advanced imaging such as cardiovascular computed tomography or magnetic resonance imaging or angiography to assess for congenital anatomic abnormalities)

Apply 36th Bethesda guidelines determining eligibility to participate, available at www.acc.org/qualityandscience/clinical/bethesda/beth36/index.pdf



Medical History*

Personal History

- Exertional Chest Pain
- Unexplained syncope/near syncope #
- Excessive exertional and unexplained shortness of breath/fatigue associated with exercise
- Prior recognition of a heart murmur
- Elevated systemic blood pressure

Family History

- Premature death (sudden and unexpected, or otherwise) before age 50 years due to heart disease, in 1 or more relatives
- Disability from heart disease in a close relative 50 years of age
- Specific knowledge of certain cardiac conditions in family members: hypertrophic Cardiomyopathy, long QT syndrome or other ion channelopathies, Marfan Syndrome, or clinically important arrhythmias

Physical Examination

- Heart Murmur ++
- Femoral pulses to exclude aortic coarctation
- Physical Stigmata of Marfan Syndrome
- Brachial Artery Blood Pressure (sitting position)

* Parental verification is recommended for high school and middle school athletes

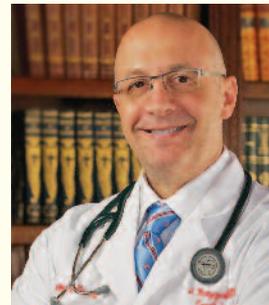
judged not to be neurocardiogenic (vasovagal); of particular concern when related to exertion

++ Auscultation should be performed in both the supine and standing positions (or with valsalva maneuver), specifically to identify murmurs of dynamic left ventricular outflow tract obstruction.

Source: Marron, B.J., et al (2007) Recommendations and considerations related to preparticipation screening for cardiovascular abnormalities in competitive athletes: 2007 update: A scientific statement from the American Heart Association Council on Nutrition, Physical Activity, and Metabolism: Endorsed by the American College of Cardiology Foundation. Circulation 115:1643



About Dr. Salvatore Trazzera



Dr. Trazzera is also the Principle Owner of NYTEX Sports, LLC—a sports management company based in New York and Texas. NYTEX Sports is the managing partner of the Texas Brahmas Hockey Team, one

of the elite teams in the Central Hockey League (CHL), "AA" minor professional hockey. Since taking over the Brahmas in the 2007-2008 season they have been one of the most successful teams in minor pro hockey advancing to the conference finals in 2007-2008 and winning the coveted Ray Miron Presidents Cup, awarded to the leagues champion yearly, in the 2008-2009 season.

The Texas Brahmas have sent more players

to the American Hockey League, the (NHL) National Hockey League's top affiliates than any other team in 'AA' Minor Professional Hockey.

A former baseball and collegiate and Jr. A Hockey player himself, Dr. Trazzera played intercollegiate hockey at St. John's University. He has Coached Travel Hockey at the Midget and Jr A level and holds USA Hockey Level V Coaching Certification. He understands the mentality of his athletes. He has performed at the elite level that many of his athletes aspire to and his over 20 years of experience and advanced training and accomplishments equip him with the combination of education and personal experience that few physicians can duplicate.

Each athlete's evaluation is personalized to their individual sport and its unique physiologic requirements. 'Farmingdale Heart & Vascular' provides the region's most comprehensive full service noninvasive diagnostic capabilities in the most comfortable and personal environment and Dr. Trazzera's

relationships with regional and national treatment centers provides his patients and athletes with the resources required to prevent, identify, diagnose and treat all cardiovascular disorders. His thorough evaluation can identify the simplest and most benign of cardiac disorders to disorders which may place athletes at risk for sudden cardiac death such as Hypertrophic Cardiomyopathy, Congenital Prolonged QT Syndromes, Cardiomyopathy's, Arrhythmogenic Right Ventricular Dysplasia and Right Ventricular Outflow Tract Tachycardia to name a few.

He has had extensive experience treating interscholastic, intercollegiate and professional athletes in bodybuilding, wrestling, boxing, baseball, hockey, soccer, track and field, football, lacrosse and basketball. Even the weekend or recreational athlete and those aspiring to institute a new exercise program can benefit from a pre-exercise cardiovascular evaluation.