



ICD SPORTS REGISTRY

CENTRAL SITE

PI Rachel Lampert, MD
Yale University
ICDsports.registry@yale.edu
866-207-9813

Principle investigators

Rachel Lampert, MD
Yale University
Brian Olshansky, MD
University of Iowa
Christine Lawless, MD
Ohio State University
Elizabeth Saarel, MD
University of Utah
David Cannom, MD
Los Angeles Cardiology Associates
Past President, Heart Rhythm Society

Steering Committee

Hugh Calkins, MD
Johns Hopkins
Mark Estes, MD
New England Medical Ctr
Mark Link, MD
New England Medical Ctr
Barry Maron, MD
Minneapolis Heart Institute
Frank Marcus, MD
University of Arizona
James Perry, MD
Yale University
Past President, Pediatric
Electrophysiology Society
Melvin Scheinman, MD
UC San Francisco
Bruce Wilkoff, MD
Cleveland Clinic Foundation
Douglas Zipes, MD
Indiana University

Dear Colleague,

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 Abnormalities¹ 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 members² suggests that many patients with ICDs are playing vigorous and even competitive sports, regardless of physician recommendations. 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 patients throughout the country, who can then contact us directly. You will be receiving in the mail patient brochures (approved by the Yale University Human Investigation Committee). If there are patients in your population who are participating in sports as above, please pass along a brochure, or leave some in your waiting area, 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. If you would like to participate as an enrolling site, we do have openings for further sites so please contact the principal investigators as listed. This registry is made possible by support from St. Jude Medical, Medtronic, and Boston Scientific Corporation.

1. Maron BJ, Zipes DP: 36th Bethesda Conference: Eligibility recommendations for competitive athletes with cardiovascular abnormalities. *J Am Coll Cardiol* 2005; 45:1313-1375.
2. Lampert R, Cannom D, Olshansky B: Safety of sports participation in patients with implantable cardioverter-defibrillators: A survey of Heart Rhythm Society Members. *J Cardiovasc Electrophysiol* 2006; 17:11-15.