**Cardiovascular screening list for cyclists**

If one or more questions are answered with "yes", further specialised cardiovascular check-up is mandatory.

1. Have you ever been operated of the heart or great vessels?  
2. Have you ever been diagnosed with a cardiac anomaly?  
3. Have you ever been treated for any cardiovascular disease?  
4. Do you take any cardiovascular medications?  
   (Antihypertensives, anticoagulation, antiarrhythmics)  
5. Did any member of your family died suddenly before the age of 35?  
6. Do you have a family history of hypertrophic cardiomyopathy?  
7. Is there anybody in your family age <35 with an A.I.C.D.  
   (automatic implantable cardiac defibrillator) or pacemaker implant?  
8. Do you experience chest pain during exercise, which rapidly  
   disappears after cessation of exercise?  
9. Did you ever experience palpitation (1)?  
10. Did you ever experience a presyncopal or syncopal episode (2)?  
11. Have you ever been diagnosed with high blood pressure?  
12. Is there a blood pressure difference of more than 15 mm Hg  
   between both arms?
13. Are the femoral pulses absent or asymmetric? 
   Has anyone ever noticed a murmur in the groin area?

14. Is a fourth heart sound present?

15. Is a diastolic heart murmur present?

16. Is a systolic heart murmur present that does not seem to be 
   physiologic?

17. Is a fixed splitting of the second heart sound present?

18. Is there a resting heartbeat of less than 40/min on clinical 
   examination?

19. Do you find any stigmata of Marfan’s disease on clinical 
   examination?

Definitions

(1) **Palpitations**: inappropriate heartbeat of >130/min, regular or irregular, variable in 
   duration, with or without clinical symptoms (dizziness, chest pain, shortness of breath, 
   syncope or presyncope).
   Sudden onset?
   Regular or irregular?
   How fast (beats/minute)?
   Duration in time?
   How often?
   Precipitating factors?
   How does it stop?

(2) **(Pre)syncope**: sudden onset of reduction in or loss of consciousness often preceded 
   by dizziness or loss of vision.