

Cardiovascular screeninglist 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 pacemakerimplant ?
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 bloodpressure difference of more than 15 mm Hg
between both arms ?

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| 13. | Are the femoral pulses absent or asymmetric ?
Has anyone ever noticed a murmur in the groin area ? | <input style="width: 100px; height: 20px; border: 1px solid black;" type="text"/>
<input style="width: 100px; height: 20px; border: 1px solid black;" type="text"/> |
| 14. | Is a fourth heartsound present ? | <input style="width: 100px; height: 20px; border: 1px solid black;" type="text"/> |
| 15. | Is a diastolic heartmurmer present ? | <input style="width: 100px; height: 20px; border: 1px solid black;" type="text"/> |
| 16. | Is a systolic heartmurmur present that does not seem to be physiologic ? | <input style="width: 100px; height: 20px; border: 1px solid black;" type="text"/> |
| 17. | Is a fixed splitting of the second heartsound present ? | <input style="width: 100px; height: 20px; border: 1px solid black;" type="text"/> |
| 18. | Is there a resting heartbeat of less than 40/min on clinical examination? | <input style="width: 100px; height: 20px; border: 1px solid black;" type="text"/> |
| 19. | Do you find any stigmata of Marfans disease on clinical examination ? | <input style="width: 100px; height: 20px; border: 1px solid black;" type="text"/> |

Definitions

- (1) **Palpitations:** inappropriate heartbeat of >130/min, regular or irregular, variable in duration, with or without clinical symptoms (dizziness, chestpain, 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.