

OP 9

Cardiovascular risks for participation in competitive sports among the adolescent athletes who are attending selected sports medicine clinics in Sri Lanka - Pilot study

Dilanthika NPM.¹, Senaratne BCV.², Kandulawa BMNP³, Karunarathna KMN³, Gunathilake KCP⁴, Thebuwanarachchi ST⁵, Ruwanga GDM³, De Silva YHS.⁵, Thurairaja, C⁶

¹*Rheumatology and Rehabilitation Hospital, Ragama,* ²*Faculty of Medical Sciences, University of Sri Jayewardenepura,* ³*Sports Medicine Unit, Lady Ridgeway Hospital for Children* ⁴*Sports Medicine Unit, Teaching Hospital, Kandy.,* ⁵*Sports Medicine Unit, Teaching Hospital, Karapitiya.,* ⁶*Postgraduate Institute of Medicine, University of Colombo*

Objectives: The objectives were to determine the proportion of cardiovascular disease (CVD) among adolescent athletes who attend selected sports medicine clinics in Sri Lanka and to describe the clinical spectrum of CVD among adolescent athletes who attend selected sports medicine clinics in Sri Lanka.

Methods: This cross-sectional study was conducted within six months in three sports medicine clinics (clusters) in Colombo, Galle and Kandy and included all adolescent athletes aged 10-19 years (n=566), who attended these during the said period for medical clearance prior to the competitive sports events. Secondary data was collected from the pre-participation examination (PPE) forms using a data extraction form.

Results: Prevalence of CVD among adolescent athletes in Sri Lanka was 1.5%. Most common cardiac abnormality was Mitral Valve Prolapse (MVP). Mitral Stenosis, Ventricular Septal Defect (VSD) and Aortic Stenosis were other cardiac abnormalities detected. An important incidental finding of the study was the higher prevalence of (5%) of bronchial asthma among adolescent athletes.

Conclusions: Prevalence of CVD among adolescent athletes in Sri Lanka is relatively low, but may lead to fatal outcomes if undetected early. Further research is needed to inform possible interventions to prevent health adversities arising from CVD in adolescent athletes in Sri Lanka.