



*The more we learn about LQTS, the more we realize that each patient is different from the next, and our advice must be tailored to the individual person.*

*Remember that these are general guidelines that are strongly influenced by whether the individual has ever fainted, whether they are taking medication and their family history. People who continue to black out despite treatment are a particularly high-risk group. When in doubt, discuss the specifics with your own doctor.*

**SADS' Mission:** To save the lives and support the families of children & young adults who are genetically predisposed to sudden death due to heart rhythm abnormalities.

## Exercise and Athletics for LQTS Patients

We advise long QT patients **NOT** to participate in **competitive sports**, since so many times symptoms are precipitated by **physical exertion and/or intense emotions**. Since youth, adolescents and young adults are the most vulnerable to events, competitive sports at these ages especially should be avoided altogether. However, most LQTS patients can participate in recreational sports if they are being treated with medication such as beta-blockers.

### When considering non-competitive sports:

- **If the person is asymptomatic and taking beta blockers...** it is fine for her/him to participate in non-competitive sports, PE classes, play, and recreational activities in moderation. However, if palpitations, light-headedness, weakness and/or blurry vision occur, the exercise or activity should immediately stop to prevent progression of symptoms. Equally important, is that adult supervisors need to be aware that the patient should never be pressured to perform and needs to feel free to stop whenever he/she thinks it's necessary.
- **If the person is symptomatic and not taking beta blockers...**he/she should not engage in physical activity or circumstances that produce intense emotional or physical stress. Greater physical restriction should continue until black outs decrease and/or the patient is successfully treated with beta blockers.
- **All LQTS patients...**should always be accompanied or supervised during physical activity. We recommend developing a "buddy" system. Buddies need to be informed about LQTS and the potential dangers. They should be instructed to call for help, including 911, if a black out occurs. We highly recommend that buddies and all family members learn CPR in order to provide immediate resuscitation if necessary. (You should be particularly concerned about swimming. We're not sure why, but water and LQTS don't go well together and fainting in water is more likely. Patients are highly encouraged to have a knowledgeable "buddy" with them when swimming.)

For more information, see the 36<sup>th</sup> Bethesda Conference (2005) Eligibility Recommendations for Competitive Athletes With Cardiovascular Abnormalities at <http://www.sads.org/Materials/Exercise/LQTS.htm>