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Noninvasive and biochemical markers of exercise-induced myocardial injury in professional and non-professional athletes

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Low-to-medium intensity of exercise is advised to be a routine approach to prevent and to treat the cardiovascular diseases also in the variety patient categories. In these cases strategy of treatment is based on the facts of the attenuating of the proinflammatory tissue response, the improvement of glucose metabolism and cognitive function. Minding the athletic performance an intensive isometric or isotonic exercises are followed by an adaptive transforming of the structural and enzyme particles of the different tissues, but more prominent changes generally are found in skeletal muscles and myocardium. It is difficult diagnostic task to reveal early, in many cases the subtle sign of the myocardial injury to separate the functional condition and overtraining syndrome and myocardial damage. Widely used ECG patterns of the myocardial injury were compromised by the low specificity of the superficial ECG. The laboratory blood tests get more specific data of myocardial dysfunction but cannot be available routinely or as a field test. In the everyday practice the missing signs of the ongoing myocardial injury are really harmful for both professional and non-professional athletes and leads to severe cardiovascular complications. The balance between noninvasive and biochemical diagnostics provides more effective instruments for the diagnosis and treatment.

Biography

Natalia Maroz-Vadalazhskaya has completed her MD at Belarusian State Medical University (BSMU), PhD at Belarusian Republican Scientific-Practical Centre Cardiology. She is an Associate Professor in Postdoctoral Faculty at BSMU. She is an Editorial Board Member of eduCAD, Cardiologic Belarusian Scientific Society and Member of the Editorial Board of The Journal of Belarusian Studies She has published more than 50 papers in reputed journals. Her research interest includes sport cardiology, general cardiology, cardiomyopathies, coronary artery disease, heart valve diseases, cardiac arrhythmias; cardiovascular imaging, cardio-vascular stress-tests and heart failure.

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