



**AC066**

**Adult Cardiology & Clinical Cardiovascular Medicine** • Poster Presentation

## **RELATIONSHIP BETWEEN ECHOCARDIOGRAPHIC INDICES OF VENTRICULAR REMODELING AND VENTRICULAR REPOLARIZATION HETEROGENEITY IN AMATEUR MALE FOOTBALLERS**

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**Background:** Exercise-induced ventricular remodeling may affect arrhythmic risk in athletes. Tpeak–Tend (Tp-e) interval and Tp-e/QT ratio are markers of ventricular repolarization heterogeneity. **Methods:** Fifty amateur male footballers and 25 matched non-athlete controls underwent clinical assessment, ECG, and echocardiography to evaluate ventricular remodeling and repolarization. **Results:** Footballers had lower resting heart rates, greater ventricular dimensions, and lower repolarization heterogeneity than controls. Right ventricular outflow tract diameter and left ventricular wall thickness correlated positively with repolarization heterogeneity. **Conclusion:** Physiological ventricular remodeling in amateur footballers was associated with lower repolarization heterogeneity, suggesting potential cardioprotective effects of moderate exercise. Further studies in professional athletes are warranted.

**Keywords:** sudden cardiac death, athletes heart, footballers, ventricular remodelling, ventricular repolarization heterogeneity