The Oakville Cardiologists Sports Cardiology Clinic

Providing cardiovascular care for athletes of all ages and stages

Sports cardiology is a relatively new subspecialty of cardiology and cardiac screening of recreational and elite athletes has become more common. The Oakville Cardiologists Sports Cardiology Clinic is a unique program in our region which provides comprehensive Cardiology care and physiological testing to all levels of athletes, recreational exercisers and highly active individuals.

Although there is an expected decline in the body’s ability to perform at consistently high levels as we age there are potentially reversible conditions that could be impacting athletic performance including the risk of developing cardiovascular disease. The Oakville Cardiologists Sports Cardiology Clinic team can help evaluate performance and provide comprehensive cardiovascular risk stratification with the goal to keep active and competitive.

Evaluations and Screening can include:

- Pre-participation athletic cardiovascular screening
- Evaluation of symptoms such as chest pain, palpitations or shortness of breath during training or competition
- Evaluation of an unexplained deterioration in performance
- Evaluation of impaired athletic performance, due to a previous cardiac condition
- Clearance to continue sports participation after cardiac event or cardiovascular surgery
- Discussion of concerns about family history of cardiovascular disease
- Advice on controlling cardiovascular risk factors
- Desire for a comprehensive cardiovascular screening
- Lessen lifestyle factors that may affect the athletic heart
- Establish preventative treatment
- Receive expert advice on cardiovascular health
- Gain a deeper understanding of your heart

To help evaluate and manage athletic patients, the Oakville Cardiologists Sports Cardiology Clinic has a comprehensive state of the art cardiac assessment facility. All patients in our clinic undergo a clinical cardiovascular exam by an experienced Cardiologist. In addition to the physical examination, advanced cardiac diagnostic testing can help catch and treat problems before they become major health issues. These include electrocardiography (ECG), echocardiography, exercise stress testing and stress echocardiography, cardiopulmonary testing (VO2 max) and ambulatory ECG monitoring.

Whether you are a seasoned athlete or are just beginning an exercise training program, the Oakville Cardiologists Sports Cardiology Clinic is here to support your heart and vascular health and help you meet your performance goals. We would be pleased to help you upon receiving a referral from your family physician.