

Scot Shurmur, M.D.

What causes sudden cardiac arrest in athletes?

0:06

The most common is in pathologic and abnormal thickening of heart muscle, called hypertrophic cardiomyopathy. Usually in one part of the heart, but not all of it. And this can cause fatal rhythm

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### Can supplements be dangerous for athletes?

2:29

Creative one has to be careful with too and the problem with any supplements is the FDA does not scrutinize them. Claims can be made about what's in them and other things can be in them. They can be worthless and not effective at all or they can be effective and there can be things like anabolic steroids in them even though it appears nowhere on the label to make them more effective and more popular. So one has to be very careful with any supplements.

### What can athletes do to be more heart healthy?

3:02

Well, you know, it's interesting, depends on what phase in their career they're in. Some linemen play at such high weights and sometimes have had to add weight, unnaturally not necessarily with steroids anymore, I think they're largely out of sport, but by adding a lot of calories, and sometimes very fat, dense calories and nutritionally poor calories, along with nutritionally good calories, because if you're trying to gain 60 pounds, you have to do that anyway, you need to, and then not always are the adaptations appropriate after their career ends. For a long time, the average age of a former NFL lineman or the average life expectancy was about 55 years. And that's was partly because in those days, smoking rates were high, but weight was gained weight was carried. High blood pressure rates were high. It's a little better than that now, but not necessarily a lot. And so I think reverting to the principles of appropriate heart health after one's done especially if you were sort of needed to carry extra weight is one way to think about

