

# IS YOUR HEART AS FIT AS YOU THINK?



## FREE ONLINE HEALTH LECTURE

# Recognizing and Treating Heart Problems in Athletes

**When** Thursday, Feb. 4, from 7 to 8 p.m.

**Where** Watch online. You'll get the link once you register.

We've all heard the shocking reports — an athlete or physically active person collapses from a heart condition and cannot be revived. Each tragedy reminds us how important it is to identify heart problems early.

Hear Drs. Samuel Aznaurov and Molly Ware, experts in treating all types of cardiovascular disease, describe changes to the heart that occur with exercise and whether certain symptoms — fainting, breathlessness or chest pain — are normal or signal a life-threatening medical issue. Then learn about heart-related problems that impact athletes, including COVID-19 concerns, and the latest treatment options.

**RESERVATIONS REQUIRED:**  
[bchlectures.org/athletes](https://bchlectures.org/athletes)



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