



## **Defense Health Agency (DHA) Clinical Communities Speaker Series**

### **APR 2022 CCSS: Military Children and Youth: Extending Force Protection to our Nation's most Valuable Assets**

#### **S03: Cardiogenetics in the Military Health System (MHS): Unraveling the Code to Get to the Heart of the Matter**

##### **Resource List**

Historically, patients with hypertrophic cardiomyopathy (HCM) were considered to be at high risk of sudden cardiac death (SCD) during exercise. Therefore, exercise recommendations were highly conservative and promoted a sedentary life style. [Exercise and hypertrophic cardiomyopathy: Two incompatible entities?](#) (2020) presented emerging evidence suggesting that exercise in HCM has a favorable effect on cardiovascular remodeling and moderate exercise programs have not raised any safety concerns.

[DoD Instruction 6130.03, V-2 Medical standards for military service: Retention](#) (2020) establishes policy, assigns responsibilities, and prescribes procedures for medical standards for the Military Services. Be on the know of the policies concerning health issues, including heart conditions, as these precludes satisfactory performance of required military duties of the Service member's office, grade, rank, or rating.

Basic training in the U.S. military combines significant physical and mental challenges that are analogous to intensive sport activities. Sudden unexplained death is the leading cause of non-traumatic sudden death in U.S. military populations. Of the known causes of non-traumatic sudden death, sudden cardiac death (SCD) remains the leading cause in U.S. military populations and specifically, enlisted recruits in training. The article, [Cardiovascular screening in the U.S. Military: Time to reconsider the electrocardiogram](#) (2020), explains why military would seem to be an appropriate context to reintroduce ECG screening, particularly during the recruitment phase.

The [2020 AHA/ACC Guideline for the Diagnosis and Treatment of Patients With Hypertrophic Cardiomyopathy: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines](#) (2020) provides a guideline-directed management and therapy of hypertrophic cardiomyopathy patients. This evidence-based practice guideline highlights shared decision-making, alternative treatment therapies, counseling, assessment, and risk factors, among other things.



## Defense Health Agency (DHA) Clinical Communities Speaker Series

### References

- Basu, J., Malhotra, A., & Papadakis, M. (2020). Exercise and hypertrophic cardiomyopathy: Two incompatible entities? *Clinical Cardiology*, 43(8), 889–896. <https://doi.org/10.1002/clc.23343>
- Department of Defense (DoD). (2020). DoD Instruction 6130.03, Vol. 2. Medical standards for military service: Retention. <https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/613003v2p.pdf?ver=JEgxSUCDPemwaRh5Cr2WmQ%3D%3D>
- Magee, C., & Haigney, M.C. (2020). Cardiovascular screening in the U.S. Military: Time to reconsider the electrocardiogram. *Military Medicine*, 185(7-8), e1039-e1045. <https://doi.org/10.1093/milmed/usaa002>
- Ommen, S.R., Mital, S., Burke, M.A., Day, S.M., Deswal, A., Elliott, P., Evanovich, L.L., Hung, J., Joglar, J.A., Kantor, P., Kimmelstiel, C., Kittleson, M., Link, M.S., Maron, M.S., Martinez, M.W., Miyake, C.Y., Schaff, H.V., Semsarian, C., & Sorajja, P. (2021). 2020 AHA/ACC guideline for the diagnosis and treatment of patients with hypertrophic cardiomyopathy: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines. *Circulation*, 142:e558–e631. <https://doi.org/10.1161/CIR.0000000000000937>