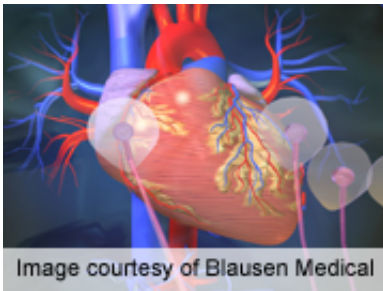


Potentially pathological ECG patterns prevalent in young

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(HealthDay)—More than 20 percent of young non-athletes have electrocardiogram (ECG) patterns that can be considered potentially pathological based on the 2010 European Society of Cardiology position paper, according to a study published online Feb. 26 in the *Journal of the American College of Cardiology*.

Navin Chandra, M.B.B.S., from St. George's University of London, and colleagues examined the prevalence of potentially abnormal ECG patterns in young individuals to assess the implications for a nationwide [sudden cardiac death](#) screening program. A total of 7,764 non-athletes, aged 14 to 35 years, underwent ECG screening between 2008 and 2012. ECGs were analyzed for training-related (Group 1) and potentially pathological (Group 2) patterns. The results were compared with those for 4,081 athletes.

The researchers found that 49.1 percent of non-athletes and 87.4 percent of athletes had Group 1 patterns, while 21.8 and 33.0 percent, respectively, had Group 2 patterns (both P

"The study demonstrates that one in five young persons exhibit Group 2 ECG patterns. The low incidence of sudden cardiac death in young persons suggests that in most instances such patterns are non-specific," the authors write. "These findings have significant implications on the feasibility and cost-effectiveness of nationwide screening programs for cardiovascular disease in young non-athletes and athletes alike based on current guidelines."

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