

Komocija srca kao uzrok iznenadne srčane smrti u sportaša Commotio cordis as cause of sudden cardiac death in athletes

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Komocija srca je iznenadna srčana smrt kao posljedica ventrikularne fibrilacije uzrokovane iznenadnom, tupom, nepenetrantnom, naizgled neopasnom traumom prednje stijenke prsnog koša. Stanje je najčešće kod mlađih, pretežito muških sportaša i jedno je od vodećih uzroka iznenadne srčane smrti u mlađih sportaša, nakon hipertrofične kardiomiopatije i kongenitalnih abnormalnosti koronarnih arterija. Ovaj medicinski entitet najčešće je opisan u bejzbolu, ali i u hokeju, softbolu, lakrosu, karateu i drugim sportskim aktivnostima u kojima relativno tvrdi i kompaktni projektil ili tjelesni kontakt uzrokuje udar u područje prekordija osobe. Rana kardiopulmonalna resuscitacija i brza defibrilacija može značajno smanjiti rizik od smrti. Korištenje odgovarajućih zaštitnika prsnog koša i druge sigurne opreme može prevenirati pojavu ovoga životno ugrožavajućeg stanja.

Commotio cordis is sudden cardiac death due to ventricular fibrillation caused by sudden, blunt, nonpenetrating and innocuous-appearing trauma to the anterior chest wall. It usually involves young, predominantly male, athletes and it is one of the leading cause of sudden cardiac death in young athletes, exceeded only by hypertrophic cardiomyopathy and congenital coronary artery abnormalities. This medical entity is mostly described in baseball, however it has also been reported during hockey, softball, lacrosse, karate, and other sports activities in which a relatively hard and compact projectile or bodily contact caused impact to the person's precordium. Early cardiopulmonary resuscitation and rapid defibrillation can significantly decrease the risk of death. Using of adequate chest wall protectors and other safety equipment may prevent appearance of this life-threatening condition.

LITERATURE

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