**THE CHANGING PARADIGM OF ATHLETIC PARTICIPATION IN LONG QT SYNDROME**

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One of the most significant factors affecting the quality of life in patients with congenital long QT syndrome has been their restriction from athletic participation. In 2015, the American Heart Association and American College of Cardiology released new eligibility and disqualification recommendations for competitive athletes with cardiovascular abnormalities. Recommendations for patients with channelopathies, such as long QT syndrome, were specifically addressed and significantly liberalized the eligibility of these patients to participate. Advancement in the understanding of the disease and improvements in treatment have led to this changing paradigm. Supporting these guidelines are recent studies that have shown a low risk of cardiac events during athletics. Despite the new allowances for participation, important safety precautions are recommended. The new guideline paradigm is expected to improve the quality of life for pediatric patients with long QT syndrome.