

# *Jockeys; Health Screening Case Studies*

**NIOSH Public Meeting 2007**

**Jockey Health**

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Crystal City, Hyatt

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# A Clinic at the Race Track

- **A family practice setting**
- **A acute triage clinic**
- **A remote emergency room**



# Medical Treatment (s)

- Acute Asthmatic Attacks
- Fractures
- Concussion
- Dehydration
- Acute Trauma
- Hypertension
- Arrhythmias



## TEAM:

- Physician (some tracks)
- Nurse (some tracks)
- EMT (trackside)

# Jockeys:

- **Athlete**
- **Partner**
- **Parent**
- **Friend**
- **Colleague**



# Case Studies: Jockeys

- Study on 43 “healthy” volunteers
- Screening completed to evaluate differences in 2 devices
- Population: Jockeys at 2 race tracks in Ca
- Tests performed:
  - 2D/3D Ultrasound
  - ECG
  - Spirometry



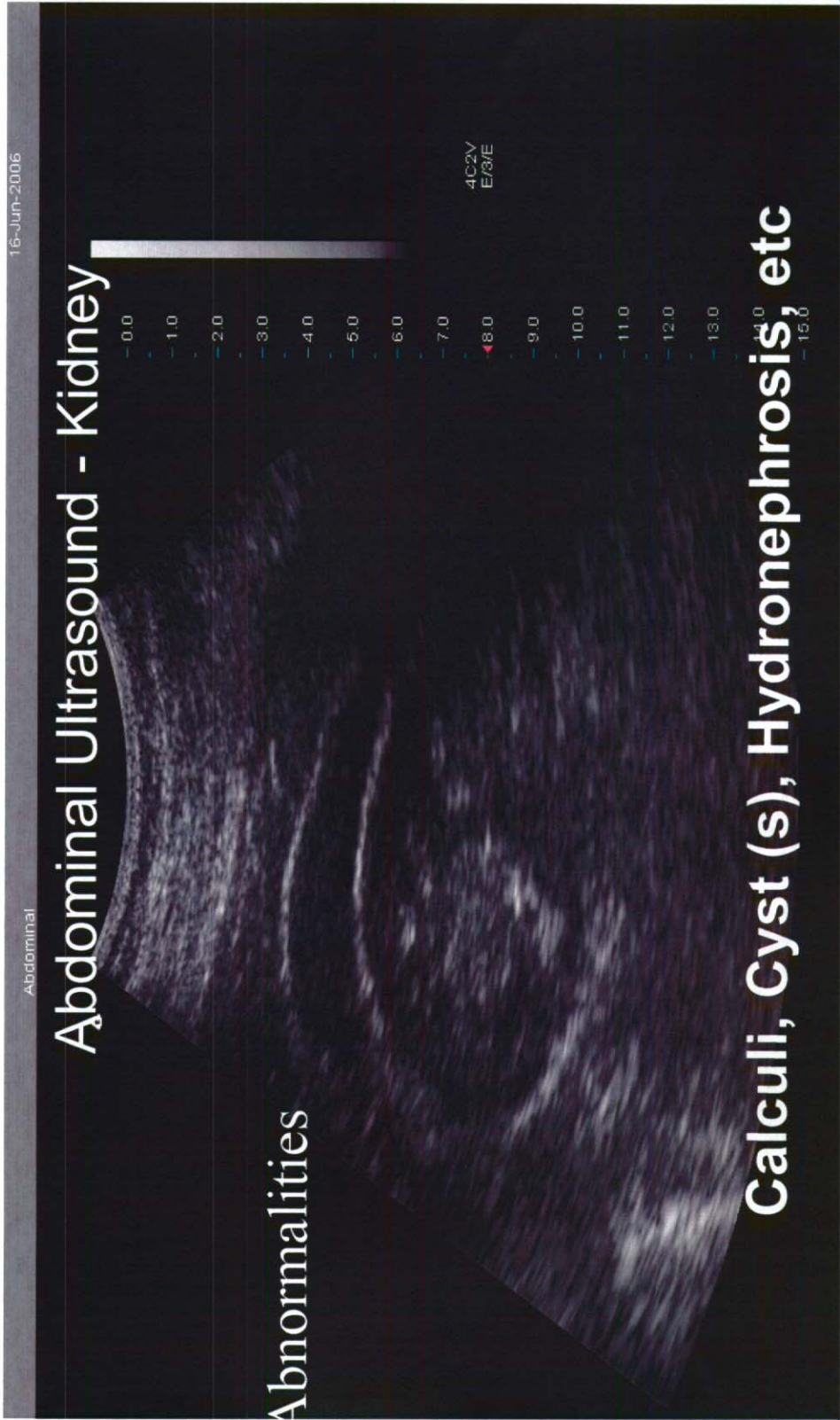
# Current Ultrasound Procedure

- Minimal to no preparation
- Non-invasive
- Out-patient; radiology center
- In-patient; institution
- Performed by Ultrasonographer
- Read by Radiologist

# Advances in Telemedicine

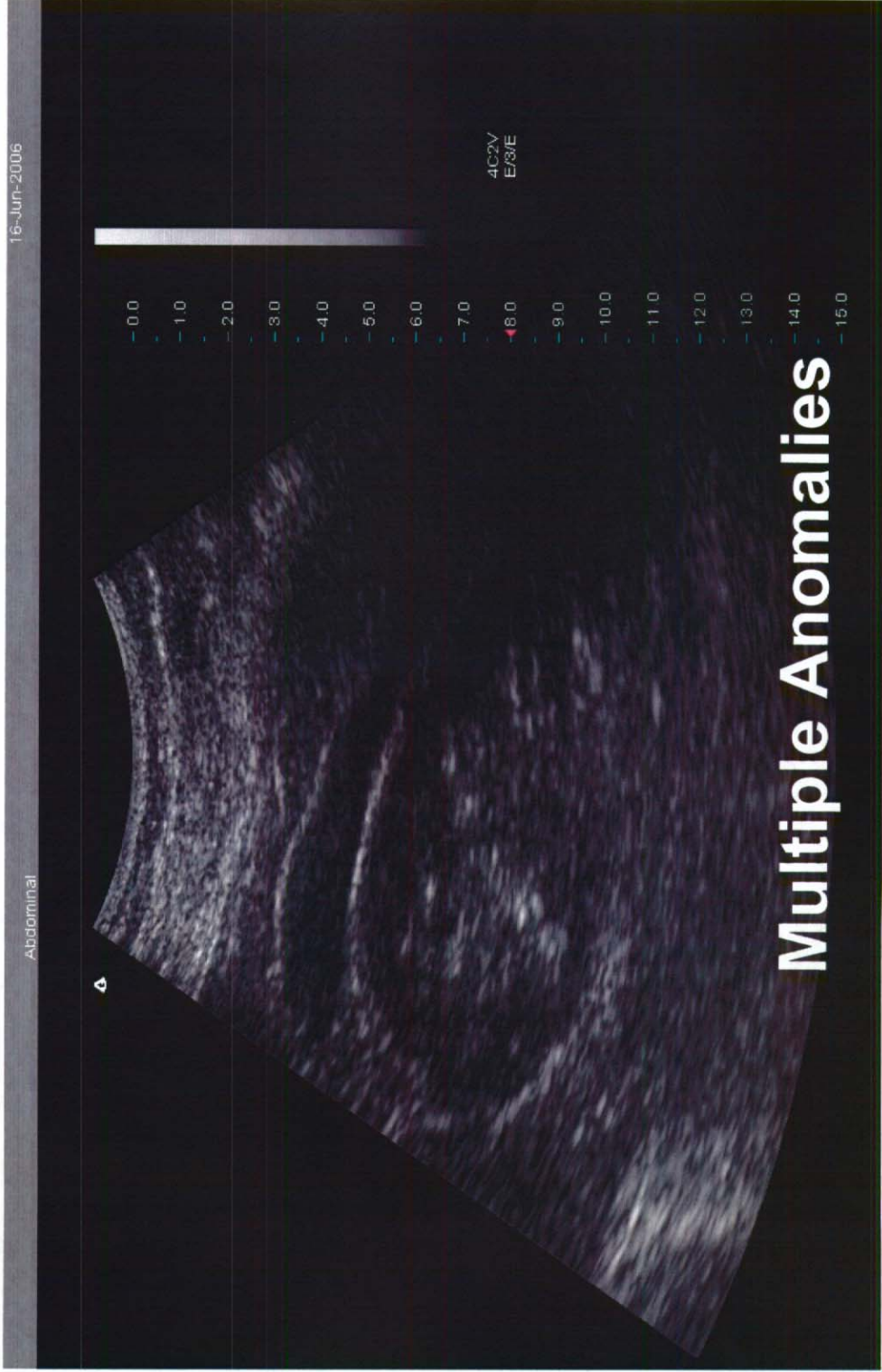
- **Ultrasonography in Remote Locations:**
  - Emergency Medicine
  - Public Health Screening Vans
  - Thoroughbred Horse Racing Tracks
  - Out-patient clinics (rural, urban, military)
- **Tests Conducted and Read By:**
  - Physicians
  - Nurses or Ultrasonographers
  - Remote Radiologist

# The Data





# A Healthy Athlete?



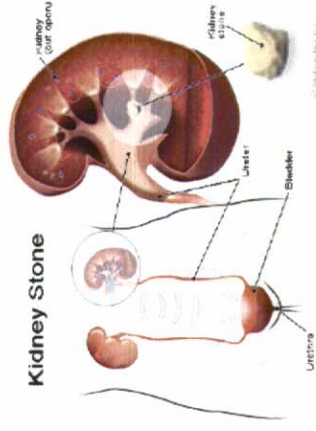
# Unexpected Findings

*Not a “healthy” population*

- 15 Jockeys showed evidence of renal pathology:

Diminished kidney size

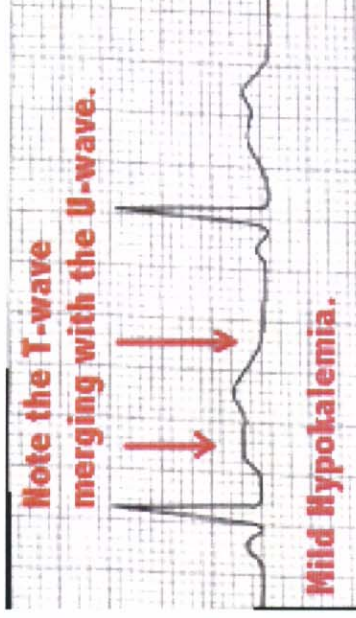
Multiple micro and macro renal calculi



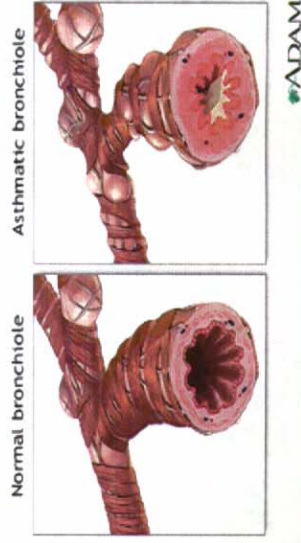
- 5 had significant cholelithiasis

# Significant Heart and Lung Disease

- ECG abnormalities due to hypo and hyperkalemia were evident in 7 of 28



- 7 had obstructive or asthmatic-type lung disease.



# Closing Considerations:

- Importance of Increasing Safety
- Proactive versus Reactive Treatment
- Identify Health Issues & Treat
- Increase Quality of Life

Targeted



Intervention

# JOCKEY: AMERICA UNDERCOVER

The stories of three jockeys are told in this Emmy (R)-winning film that details the sacrifices it takes to make it in horse racing.



- **Date** 05-07-07 through 06-03-07
- HBO Documentaries
- **Director** Kate Davis (84 Minutes)
- **Producer** David Heilbroner

# Questions



*Thank you for attending!*

*Have a great day*