Jockeys; Health Screening Case Studies

NIOSH Public Meeting 2007
Jockey Health
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Crystal City, Hyatt

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Clinical Care Experts, Inc. - VP
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
- Arrythmias

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

Abnormalities

Abdominal Ultrasound - Kidney

Calculi, Cyst(s), Hydronephrosis, etc

Confidential 2007 Farberow
Multiple Anomalies
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 cholethiasis
Significant Heart and Lung Disease

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

    ![Image of ECG waveforms](Note the T-wave merging with the U-wave. Mild Hypokalemia.)

- 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
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
Thank you for attending!

Have a great day