

# Best Cardiologist in Kolkata

## Sports, Exercise, and Sudden Cardiac Death

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It's not uncommon to hear of someone collapsing or dying suddenly during gym workouts or outdoor sports. This raises a critical question: how can such tragedies be prevented?



The key lies in proper screening. Anyone planning to engage in strenuous physical activity—whether in the gym or through competitive sports—should be evaluated for symptoms such as transient palpitations, dizziness, or episodes of unconsciousness.

**A consultation with a cardiologist is essential. The evaluation should include:**

**ECG (Electrocardiogram)**

**Echocardiography**

**Treadmill Test (TMT)**

Early detection through these tests can help identify underlying heart conditions and significantly reduce the risk of Sudden Cardiac Death.