To determine clinical parameters related to abnormal cardiac conditions in the physically active youth.

**Methods**

Participants: 887 Young Athletes (543 males, 344 females. Age 16.9±2.1) in SE Pennsylvania as part of the Healthbytes National Cardiac Youth Registry sponsored by Simon’s Heart. The presence of abnormal cardiac symptoms and potential indicators (all collected variables). The odds ratio (OR), 95% confidence interval (95% CI), and p-values were used as critical statistical values.

**Results**

Variables examined: age, race/ethnicity, past medical history, medication use, caffeine intake, family history, height, weight, blood pressure, cardiac murmur findings, and ECGs in all individuals. Past medical histories of asthma, anxiety, and depression are associated with abnormal cardiac symptoms. Antidepressant and antihistamine usage are also linked to abnormal cardiac symptoms. The increased popularity of energy drinks and other caffeinated beverages, they may play a bigger role than is currently realized in cardiac screenings for athletes.

**Conclusions**

Past medical histories of asthma, anxiety, and depression are associated with adolescent athletes experiencing abnormal cardiac symptoms. Antidepressant and antihistamine usage are also linked to abnormal cardiac symptoms. Due to the increased popularity of energy drinks and other caffeinated beverages, they may play a bigger role than is currently realized in cardiac screenings for athletes.

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