



## Fabian Sanchis Gomar

Visiting Instructor, Medicine - Med/Cardiovascular Medicine

### Bio

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#### BIO

Dr. Fabián Sanchis Gomar (M.D., Ph.D.) has published more than 345 manuscripts in international peer-reviewed journals related to several topics, wide-ranging in cardiology, arrhythmias, aging, exercise, and oxidative stress. His most relevant works have been based on the molecular and physiopathological mechanisms implicated in various diseases and identifying potential novel mechanisms and biomarkers associated with those diseases' pathogenesis.

As a dedicated researcher in the field of arrhythmias and sports cardiology, his journey has been driven by a deep-seated passion for unraveling the complexities of the heart, particularly in the context of athletic performance. His fascination with the heart's rhythm and how it adapts to the extreme demands of sports began early in his career as a medical student, where he was captivated by the intricate balance between physical excellence and cardiac health.

Throughout his years in academia and research, Dr. Sanchis-Gomar has been privileged to work at the forefront of sports cardiology, a field that sits at the fascinating intersection of cardiology and sports medicine. His postdoc research focused on the pathophysiology of arrhythmias in elite athletes, shedding light on how intense physical training can alter cardiac function and rhythm. This work laid the foundation for his subsequent research endeavors, which have been dedicated to understanding and preventing sports-related cardiac events.

One of the core objectives of his research has been to develop effective strategies for the early detection and management of arrhythmias in athletes. This pursuit has been academically fulfilling and deeply personal, as it stems from witnessing athletes face unexpected cardiac challenges. Another aspect of his career that he holds in high regard is his role in educating and mentoring the next generation of researchers. He firmly believes that the future of the field hinges on the enthusiastic and informed involvement of young professionals, and he takes great pride in sharing his knowledge and experiences with them.

Community engagement has also been a key component of his career. He has actively participated in numerous outreach programs to raise awareness about athlete heart health. These programs disseminate information and build a community of athletes, coaches, trainers, and healthcare professionals who are informed, vigilant, and proactive about cardiac health in sports.

As he looks to the future, he is excited by the endless possibilities in sports cardiology. The rapid advancements in technology and medicine promise new avenues for research and clinical application. He aims to continue contributing to this dynamic field by advancing scientific understanding and ensuring that this knowledge translates into better care and safer sports participation for athletes at all levels.