



Fabian Sanchis Gomar

Visiting Instructor/Lecturer, Medicine - Cardiovascular Medicine

Bio

BIO

Dr. Fabián Sanchis Gomar (M.D., Ph.D.) has published more than 330 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 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. This field sits at the fascinating intersection of cardiology and sports medicine. His post-doc 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 he holds in high regard is his role in educating and mentoring the next generation of researchers in the field. 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 are about disseminating information and building 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.

ACADEMIC APPOINTMENTS

- Visiting Instructor/Lecturer, Medicine - Cardiovascular Medicine

Publications

PUBLICATIONS

- **Strict regulations on energy drinks to protect Minors' health in Europe - It is never too late to set things right at home.** *Preventive medicine*
Sanchis-Gomar, F., Lavie, C. J., Lippi, G.
2024; 180: 107889
- **The weekly mortality for ischemic heart disease in the US still peaks on Mondays.** *Progress in cardiovascular diseases*
Lippi, G., Mattiuzzi, C., Sanchis-Gomar, F.
2024
- **Another big win for cardiorespiratory fitness now in aortic valve disease.** *European journal of cardio-thoracic surgery : official journal of the European Association for Cardio-thoracic Surgery*
Sanchis-Gomar, F., Ozemek, C., Arena, R., Lavie, C. J.
2023; 64 (5)
- **Red blood cell distribution width (RDW) is a significant predictor of survival in laryngeal cancer patients: Systematic literature review and meta-analysis.** *Journal of medical biochemistry*
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2023; 42 (4): 557-564
- **Gender-Based Clinical, Therapeutic Strategies and Prognosis Differences in Atrial Fibrillation.** *Journal of cardiovascular development and disease*
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2023; 10 (10)
- **Reducing Mortality and Cardiovascular Disease: Stepping Up Our Game.** *Journal of the American College of Cardiology*
Lavie, C. J., German, C. A., Sanchis-Gomar, F.
2023
- **COVID-19 and smoking: Considerations after two years.** *European journal of internal medicine*
Lippi, G., Henry, B. M., Sanchis-Gomar, F.
2023
- **Post-COVID or long-COVID? That is the question Reply** *POLISH ARCHIVES OF INTERNAL MEDICINE-POLSKIE ARCHIWUM MEDYCYNY WEWNETRZNEJ*
Lippi, G., Sanchis-Gomar, F., Henry, B. M.
2023; 133 (5)
- **Arrhythmogenic Cardiomyopathy and Athletes - A Dangerous Relationship.** *Current problems in cardiology*
de la Guía-Galipienso, F., Ugedo-Alzaga, K., Grazioli, G., Quesada-Ocete, F. J., Feliu-Rey, E., Perez, M. V., Quesada-Dorador, A., Sanchis-Gomar, F.
2023: 101799
- **Maladaptive versus adaptative cardiovascular phenotype in response to exercise training: Expert opinion of the evidence** *HEART AND MIND*
Sanchis-Gomar, F., Perez-Quilis, C., Eijvogels, T. H., Guía-Galipienso, F., Christle, J. W., Perez, M. V., Lavie, C. J.
2023; 7 (2): 57-61
- **COVID-19 and its long-term sequelae: what do we know in 2023?** *POLISH ARCHIVES OF INTERNAL MEDICINE-POLSKIE ARCHIWUM MEDYCYNY WEWNETRZNEJ*
Lippi, G., Sanchis-Gomar, F., Henry, B. M.
2023
- **Estimating Worldwide Impact of Low Physical Activity on Risk of Developing Ischemic Heart Disease-Related Disability: An Updated Search in the 2019 Global Health Data Exchange (GHDx).** *Medicines (Basel, Switzerland)*
Lippi, G., Sanchis-Gomar, F., Mattiuzzi, C., Lavie, C. J.
2022; 9 (11)
- **A systematic review of prevalence of metabolic syndrome in occupational groups - Does occupation matter in the global epidemic of metabolic syndrome?** *Progress in cardiovascular diseases*

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- Strauss, M., Lavie, C. J., Lippi, G., Brzek, A., Vollenberg, R., Sanchis-Gomar, F., Leischik, R.
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- **Benzodiazepines consumption may have increased during the COVID-19 pandemic** *JOURNAL OF AFFECTIVE DISORDERS*
 Mattiuzzi, C., Sanchis-Gomar, F., Lippi, G.
 2022; 314: 124-125
 - **[Estimacion de la carga del deterioro de la salud mental despues de COVID-19].** *Revista de psiquiatria y salud mental*
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 2022
 - **Atherosclerosis biomarkers and resting heart rate: Active players or simple bystanders?** *KARDIOLOGIA POLSKA*
 Lippi, G., Sanchis-Gomar, F., Lavie, C. J.
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 - **Coronavirus disease 2019, hypertension, and renin-angiotensin-aldosterone system inhibitors.** *Current opinion in cardiology*
 Rizk, J. G., Sanchis-Gomar, F., Henry, B. M., Lippi, G., Lavie, C. J.
 2022; 37 (5): 419-423
 - **Fit Is It for Longevity Across Populations.** *Journal of the American College of Cardiology*
 Lavie, C. J., Sanchis-Gomar, F., Ozemek, C.
 2022; 80 (6): 610-612
 - **Cytokeratin 18 cell death assays as biomarkers for quantification of apoptosis and necrosis in COVID-19: a prospective, observational study.** *Journal of clinical pathology*
 Henry, B. M., Cheruiyot, I., Benoit, S. W., Sanchis-Gomar, F., Lippi, G., Benoit, J.
 2022; 75 (6): 410-415
 - **Physical Activity, Screen Time, Sedentary and Sleeping Habits of Polish Preschoolers during the COVID-19 Pandemic and WHO's Recommendations: An Observational Cohort Study** *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*
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 - **Role of non-coding RNAs as biomarkers of deleterious cardiovascular effects in sepsis** *PROGRESS IN CARDIOVASCULAR DISEASES*
 Beltran-Garcia, J., Osca-Verdegai, R., Nacher-Sendra, E., Cardona-Monzonis, A., Sanchis-Gomar, F., Carbonell, N., V. Pallardo, F., Lavie, C. J., Garcia-Gimenez, J.
 2021; 68: 70-77
 - **Exercise Effects On Cardiovascular Disease: From Basic Aspects To Clinical Evidence.** *Cardiovascular research*
 Sanchis-Gomar, F., Lavie, C. J., Marin, J., Perez-Quilis, C., Eijsvogels, T. M., O'Keefe, J. H., Perez, M. V., Blair, S. N.
 2021
 - **Link between cardiovascular disease and the risk of falling: a comprehensive review of the evidence.** *Polish archives of internal medicine*
 Mikos, M., Winnicki, K., Henry, B. M., Sanchis-Gomar, F.
 2021; 131 (4): 369-376
 - **Response to: Is newly diagnosed diabetes a stronger risk factor than pre-existing diabetes for COVID-19 severity?** *Journal of diabetes*
 Lippi, G., Sanchis-Gomar, F., Henry, B. M.
 2021; 13 (2): 179-180
 - **Fit Is It for Cardiovascular Disease Prediction, Prevention, and Treatment** *CANADIAN JOURNAL OF CARDIOLOGY*
 Lavie, C. J., Sanchis-Gomar, F., Laukkanen, J. A.
 2021; 37 (2): 193-195
 - **Place of residence, physical activity, use of electronic devices and health consequences in girls with scoliosis** *ANNALS OF AGRICULTURAL AND ENVIRONMENTAL MEDICINE*
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Lippi, G., Sanchis-Gomar, F., Henry, B. M.
2020; 77: 123-124
- **COVID-19 and obesity: links and risks.** *Expert review of endocrinology & metabolism*
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2020; 15 (4): 215-216
- **COVID-19: unravelling the clinical progression of nature's virtually perfect biological weapon.** *Annals of translational medicine*
Lippi, G., Sanchis-Gomar, F., Henry, B. M.
2020; 8 (11): 693
- **Metabolic Impacts of Confinement during the COVID-19 Pandemic Due to Modified Diet and Physical Activity Habits** *NUTRIENTS*
Martinez-Ferran, M., de la Guia-galipienso, F., Sanchis-Gomar, F., Pareja-Galeano, H.
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- **Physical inactivity and cardiovascular disease at the time of coronavirus disease 2019 (COVID-19).** *European journal of preventive cardiology*
Lippi, G., Henry, B. M., Sanchis-Gomar, F.
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Sanchis-Gomar, F., Lavie, C. J., Perez-Quilis, C., Henry, B. M., Lippi, G.
2020; 95 (6): 1222-1230

- **Health risks and potential remedies during prolonged lockdowns for coronavirus disease 2019 (COVID-19).** *Diagnosis (Berlin, Germany)*
Lippi, G., Henry, B. M., Bovo, C., Sanchis-Gomar, F.
2020; 7 (2): 85-90
- **Do Antioxidant Vitamins Prevent Exercise-Induced Muscle Damage? A Systematic Review** *ANTIOXIDANTS*
Martinez-Ferran, M., Sanchis-Gomar, F., Lavie, C. J., Lippi, G., Pareja-Galeano, H.
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