



the scope of sports practice and boost the adoption of specific regulation that prevents disease's consequences and the emergency when it occurs.

Up next he left a warning for the need to always put the players' health first: "It's unacceptable trade issues and results overcome issues like the players' health and well-being. A lot of managers and coaches don't disregard any boundaries when it comes to achieving results. We have to fight this paradigm." Before giving the floor to the rest of the speakers, Evangelista launched a challenge: "We want to put health first. Life is first. This project goes beyond training and investigation. We intend to summon sports agents to a new behavior pattern when it comes to the players' health. May all agents be there and avoid that cases like João Lucas' don't happen again."

In this context, the floor was then given to Paulo Beckert, coordinator of the Health and Performance Unit of the Portuguese Football Federation (FPF), that started by raising awareness to the need to reinforce prevention in these kind of situations.

Friend of other players such as Luís Filipe, Diogo Valente, João Oliveira Pinto and Pedro Hipólito, during his transition in clubs such as Alcobça, Académica and Boavista.

The proposed initiatives to be carried on by the SJPF in the scope of João Lucas' Project will be to suggest João Lucas as an SJPF's honorary member, sign an inter-institutional memo about preventing sudden death in sport, publish the work "Guiding lines to prevent sudden death in sport in Portugal", arrange the João Lucas Tournament, carry out workshops in clubs about the use of Automated External Defibrillator (AED), carry out the "Sudden death in sport" conference (integrated in Player's Corner), promote awareness action in stadiums, in young football and along with parents and contribute to a research grant related to the disease and sport practice, destined to one or more medical institutions.

All these initiatives will be fulfilled during the course of two years, until May 2019.

**#ProjetoJoãoLucas**  
**#Avidaestáprimeiro**

# ACTIVITIES REPORT 2017/2018

## JOÃO LUCAS PROJECT

THE PORTUGUESE PLAYER'S UNION (SJPF) PRESENTED, ON MAY 26th, IN THE CENTER OF SPORT MEDICINE AUDITORIUM, AT UNIVERSITY STADIUM IN LISBON, "JOÃO LUCAS PROJECT-ARRHYTHMOGENIC DYSPLASIA AND SUDDEN DEATH IN SPORT."

João Lucas was a football player and carried out duties as SJPF's delegate between 2007 and 2015, ending up passing away on May 26 th 2015, victim of sudden death.

At the project's presentation attended several players, João Lucas' family members and friends, with his sister Íris Guerra standing out, who also gave a speech.

The event was also attended by SJPF's team, and the presidents of Alcobça's Gym, Académica and Boavista's SAD.

This project's main goals is to honor João Lucas' memory, disclose the issue associated to arrhythmogenic dysplasia of the right ventricle or cardiomyopathy and its relation with sports practice, promote investigation that can reinforce this disease's prevention in

*"Even at his departure time João Lucas surprised us. He was an amazing human being, always with a smile on his face, available to help, friend of his friends, he infected us all. No one was indifferent to João. As SJPF's delegate, he carried out an unsurpassed job, always close to the players. He'll never be forgotten. Could we have organized a tribute game? We could, but we decided to carry an investigation project dedicated to this heart condition. By associating João Lucas to heart diseases, we want to raise awareness to the specific problems of professional football players' activity, of short length and rapid wear"*



Joaquim Evangelista, SJPF's President

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