



4TH DAILY CARDIOLOGY
SYMPOSIUM

CONCISE, PRECISE, PRACTICAL

The Sluggish Pace of Death! The Role of Exercise and Physical Activity in Cardiovascular Disease Prevention

Learning Objectives and Case



Moderator: H. Riahi, MD

Panelist Expert: M. Molanoori, PhD

Learning Objectives

- What is the role and the benefits of exercise and fitness in the prevention of atherosclerotic cardiovascular diseases (ASCVD)?
- What are the best practices for prescribing and recommending exercise for the primary prevention of ASCVD?
 - What types of exercises?
 - With what intensity?
 - What is the optimal duration?
 - Aerobic exercises versus strength training?

Learning Objectives

- Are there any differences in exercise recommendations for men and women in the context of ASCVD prevention
- How to distinguish between exercise and fitness and why they are important?
- What are the effects of exercise on cardiovascular risk factors?
- What are the potential risks associated with exercise and what strategies can be implemented to mitigate these risks?
- How to incorporate exercise into the workday?

Case

- 52 Y/O gentleman, bank employee, current smoker with Hx. of HTN and DLP
- He leads a sedentary lifestyle and does not have routine exercise
- He drives to work and back every day and he remains asymptomatic in his routine activities
- He only takes the medications for HTN and DLP
- Ph/E is unremarkable (except for BMI: 32)
- Recent lab report shows a good lipid profile with no other abnormality

What is your recommendation for physical activity in this patient?

Thank you for your attention



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