



RESEARCH TO
PRACTICE 2018

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BRISBANE, QUEENSLAND

A CARDIOLOGIST'S VIEW: REMOVING THE BARRIERS TO EXERCISE

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Exercise is a proven and efficacious therapy for preventing a range of illnesses including cardiovascular disease. It is also a powerful treatment for patients with cardiovascular disease including hypertension, coronary heart disease and heart failure. Despite strong evidence, there is often reluctance to prescribe exercise by the medical fraternity. In this lecture, the evidence for exercise treatment for cardiovascular disease will be presented and potential barriers to implementation discussed. These include over-estimation of the risks of exercise, under-appreciation of the efficacy, a lack of advocacy when compared with that supporting pharmaceutical interventions and a lack of personalised infrastructure. Lastly, I will discuss recent evidence suggesting that exercise may no longer be taboo in some conditions that we have previously advised exercise restriction, such as some inherited cardiomyopathies.

Abstract number: 010
Session: Heart Health: Putting the Evidence into Practice
Date: Tuesday, 27 March 2018
Time: 11:00am – 12:30pm
Co-Presenters: A/Prof Andre La Gerche; Dr Andrew Maiorana; Dr Michael Baker
Panel Practitioner: Miss Angela Douglas
Session Chairperson: Dr Belinda Parmenter