



DANSK SELSKAB FOR
FYSISK AKTIVITET OG SUNDHED

The Danish Society for Physical Activity and Health

presents a Symposium held in association with the Annual Meeting in
the Danish Society of Sports Medicine

Is it healthy for the human heart to perform exercise?

When : Thursday 2. February, 2006 at 10.00-14.30

Where : Radison SAS Scandinavia Hotel,
Amager Boulevard 70, 2300 Copenhagen S

Chairmen : Michael Kjær,
Institute of Sports Medicine, Bispebjerg Hospital,
Copenhagen
Eva Prescott,
Dept Cardiology, Rigshospitalet, Copenhagen

Programme:

10.00-10.05

Introduction

10.05-10.35

Training, all-cause mortality and mortality from ischaemic heart disease and from other courses.

Dr. Peter Schnorr, The Østerbro Investigation, Copenhagen

(30 min)

10.35-11.05

Training of patients with manifest ischaemic heart disease - mechanisms behind the effect?

Dr. Volker Adams, Heart Center Leipzig, Leipzig University, Germany

(30 min)

11.05-11.25

Training of patients with congestive heart failure

Dr. Hanne Rasmusen, Dept Cardiology, Rigshospitalet, Copenhagen

(20 min)

11.25-11.45

What happens with the "sports heart" after the active career?

Professor Niels H Secher, Dept Anaesthesia, Rigshospitalet, Copenhagen

(20 min)

11.45-12.30 Break

12.30-12.50

Experiences from elite-cycling - the borderline ECG: Sick or just well-trained

Dr Lars Juel Andersen, Dept Cardiology, Gentofte Hospital

(20 min)

12.50-13.10

Cardiomyopathy - is it dangerous to exercise?

Dr Henning Bundgaard, Dept Cardiology, Rigshospitalet, Copenhagen

(20 min)

13.10-13.30

Sudden death in younger individuals: Rhythmic disturbances associated with sports

Dr Anders Kirstein Pedersen, Dept Cardiology, Skejby Hospital, Århus

(20 min)

13.30-14.00

Sudden unexpected death in sports individuals - experiences from Sweden

Professor Mats Börjesson, Dept Cardiology, Göteborg Universitet, Sweden

(30 min)

14.00-14.30

Panel – debate with all speakers:

Should exercise be encouraged to prevent and treat heart disease?

Should exercise be abandoned due to sudden cardiac death?

Should all athletes be screened?

(30 min)