National Institutes of Health

Physical Activity and Cardiovascular Health

A National Consensus

ARTHUR S. LEON EDITOR

<u>Physical Activity And Cardiovascular Health A National</u> <u>Consensus</u>

Marco Cascella

Physical Activity and Cardiovascular Health Arthur S. Leon, 1997 This reference presents the Consensus Statement from the 1995 Conference on Physical Activity and Cardiovascular Health and the supporting papers presented by the experts assembled there NIH Consensus Development Conference on Physical Activity and Cardiovascular Health ,1995* Cardiac Rehabilitation Nanette Wenger, 1999-06-29 This detailed reference NIH Consensus Statement ,1995 provides practical strategies and a scientific foundation for designing and implementing cardiac rehabilitation services to relieve the symptoms of cardiovascular disease patients through exercise training and risk reduction and secondary prevention improve quality of life and decrease mortality Emphasizes multidisciplinary care that includes exercise training behavioral interventions and education and counseling regarding lifestyle changes and other aspects of secondary prevention Written by world renowned physicians nurses exercise physiologists psychologists dietitians educators and counselors in the field Cardiac Rehabilitation presents evidence based medicine as the cornerstone of clinical cardiology practice discusses interventions that limit the physiological and psychological effects of cardiac illness offers guidelines that enable elderly patients to maintain self sufficiency and functional independence describes means of social and workplace reintegration evaluates policies for maintaining high quality care efficacy and safety in an atmosphere of diminishing resources explains the role of managed care in moving rehabilitative care into the home workplace and other nontraditional sites assesses new interactive technologies that aid in tracking patient data gives pragmatic recommendations for the delivery of cardiac rehabilitative care in the next millenium and more Advocating integrated high quality consistent cardiac rehabilitation services for the well being of patients recovering from a variety of cardiovascular problems and procedures Cardiac Rehabilitation is ideally suited for cardiologists cardiovascular surgeons primary care physicians cardiac rehabilitation professionals cardiac care nurses dietitians physical and occupational therapists exercise physiologists psychologists behavioral counselors hospital managers health plan designers and upper level undergraduate graduate and medical school students in these disciplines Physical Activity and Health Kelli McCormack Brown, David Q. Thomas, Jerome Edward

Cardiovascular Health, 1995 Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults Expert Panel on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults (U.S.), 1998 Of evidence based recommendations Introduction Overweight and obesity background Examination of randomized controlled trial evidence Treatment guidelines Summary of recommendations Future research

Physical Activity and

Kotecki, 2002 This book focuses on the interconnectedness of health and being physically alive

Evidence-Based Cardiology Salim Yusuf, John A. Cairns, A. John Camm, Ernest L. Fallen, Bernard J. Gersh, 2008-04-15 This second edition a ground breaking clinical text with a strong emphasis on rigorous evidence Leaders in the field discuss best practice in the light of systematic reviews and randomised control trials and how best to treat where the information is

less clear Case histories provide intriguing discussions on how to apply the evidence in real life situations Evidence based Cardiology also includes free access to the latest evidence which is automatically posted on a companion website *Physical activity and health*, 1996

Physical Activity and Health United States. Public Health Service. Office of the Surgeon General, 1996

Physical Activity and Cardiovascular Health, 1995

Physical Activity and Health Audrey F. Manley, 1996-11 This report is the first report of the Surgeon General on physical activity and health For more than a century the Surgeon General of the Public Health Service has focused the nation s attention on important public health issues Reports from Surgeons General on the adverse health consequences of smoking triggered nationwide efforts to prevent tobacco use Reports on nutrition violence and HIV AlDS to name but a few have heightened America's awareness of important public health issues and have spawned major public health initiatives This new report which is a comprehensive review of the available scientific evidence about the relationship between physical activity and health status follows in this notable tradition Scientists and doctors have known for years that substantial benefits can be gained from regular physical activity. The expanding and strengthening evidence on the relationship between physical activity. and health necessitates the focus this report brings to this important public health challenge Although the science of physical activity is a complex and still developing field we have today strong evidence to indicate that regular physical activity will provide clear and substantial health gains In this sense the report is more than a summary of the science it is a national call Physical Activity and Health, 1998 This is the first Surgeon General's report to address physical activity and to action health The main message of this report is that Americans can substantially improve their health and quality of life by including moderate amounts of physical activity in their daily lives Health benefits from physical activity are thus achievable for most Americans including those who may dislike vigorous exercise and those who may have been previously discouraged by the difficulty of adhering to a program of vigorous exercise For those who are already achieving regular moderate amounts of activity additional benefits can be gained by further increases in activity level Extr introd 1996 **Tefferson** Heart Institute Handbook of Cardiology Paul J. Mather (Editor), 2010-08-26 Physical Activity and Health Adrianne E. Hardman, David J. Stensel, 2003 This major new textbook takes an international perspective and is the first to provide a comprehensive authoritative guide to the important area of exercise and health Midwest Cancer Prevention and Management through Exercise and Weight Control Anne McTiernan, 2016-04-19 it is increasingly clear that cancer is also a disease of inertia In this book a broadly multidisciplinary group presents the evidence and provides the recommendations The antidote to diseases of inertia is movement let's move John Potter M D Ph D from the Foreword The American Cancer Society estimates that a third of all cancer deaths could be prevented through avoidance of obesity and the rejection of sedentary lifestyles The World Health Organization also supports this claim Additionally these and other organizations now recognize the role that activity can play in improving the quality of life for cancer patients Cancer Prevention and

Management through Exercise and Weight Control provides us with the support necessary to make a call to action It brings together the contributions of world class researchers to lay out the evidence and a plan of attack for coping with this crisis The text begins by focusing on the research methods used in assessing the complex associations between activity energy balance and risk and prognosis In comprehensive literature reviews the authors consider the role of physical activity in the incidence of individual cancers then explore the mechanisms that might explain this connection They continue with a look at the relation between weight and cancer incidence including a consideration of genetics Research is also provided linking physical activity and weight control to a cancer patient's quality of life and prognosis. The work concludes with ideas on how a plan of action might be implemented at the individual clinical and public health levels It also provides guidance on incorporating exercise and diet recommendations into clinical oncology practice **Jefferson Heart Institute Handbook** of Cardiology Mather, 2010-08-26 The Jefferson Heart Institute Handbook of Cardiology offers a comprehensive easily navigable guide to cardiac disorders and their treatment for residents general internists and practicing cardiologists This important compendium covers everything from arrhythmias to hemodynamics fully preparing physicians to assess their cardiac patients at the point of care Several chapters are devoted to reviewing methodologies and uses of the most up to date imaging technology such as echocardiography and CT MR As the U S population ages physicians of all stripes will need to become increasingly familiar with cardiac disorders in general and heart failure in particular The Jefferson Heart Institute Handbook of Cardiology stands out as the authoritative text designed to address this need packaged in the most concise readily accessible format available Key Features Expert treatment recommendations for a range of cardiac disorders Detailed guidance on cardiac imaging including indications and methodologies Clinical chapters on patient prevention and disease management Trusted information from the renowned Jefferson Heart Institute **Epidemiologic Methods in Physical** Activity Studies I-Min Lee, 2009 This book provides information regarding epidemiologic methods used in studies of physical activity It is intended for use by students and researchers in physical activity and in public health and by researchers and professionals using physical activity data e g exercise physiologists and health economists Additionally those interested in physical activity and health who want to understand and appropriately interpret the results of physical activity studies e q physicians and journalists may also find the book useful BOOK JACKET **Physical Activity and Health Guidelines** Riva Rahl,2010-06-02 Sifting through the numerous guidelines on physical activity and health published by government agencies professional organizations and associations can be a daunting task Information exists in all types of formats and locations including government documents press releases and Web sites so simply finding those guidelines can be an ordeal Physical Activity and Health Guidelines puts the current information in one place at your fingertips Physical Activity and Health Guidelines compiles the latest recommendations from various leading sources and organizations into a single text This one of kind resource provides quick reference to physical activity and health recommendations for healthy people and

for those with chronic conditions across all age groups All readers physicians physical therapists fitness professionals and general fitness enthusiasts will be able to locate individualized recommendations regarding appropriate levels and types of physical activity Specific activity recommendations for people with diabetes asthma osteoarthritis and cerebral palsy are detailed in this text Other guidelines for the prevention of common chronic diseases such as cancer coronary artery disease osteoporosis and metabolic syndrome are also shared This text also includes the following information The components of exercise program design which will assist readers in preparing to implement individual and group exercise programs How physical activity recommendations can help people meet weight management guidelines Information on purchasing and using exercise equipment such as treadmills heart rate monitors weight training machines and exercise videos Guidelines for cardiac testing and other exercise testing to assist in the implementation and evaluation of physical activity programs as well as the assessment of the safety of these programs for people with chronic conditions For ease of use Physical Activity and Health Guidelines presents information in a consistent format for each entry including the date issued or most recently updated the issuing organization appropriate population and location of the guidelines with Web sites when available Recommendations are given for aerobic resistance and flexibility training further specifications regarding the frequency intensity duration and type of activity are included An appendix lists additional resources divided by topic and includes Web addresses of key organizations statements and other physical activity and health related tools Physical Activity and Health Guidelines is the first text to gather the wealth of information regarding physical activity exercise and health needs and recommendations into a single source Convenient and easy to use this unique text will help readers understand the requirements for safe and effective physical activity for all people regardless of health conditions and it offers the basic knowledge and tools for designing and implementing appropriate physical activity programs AACVPR Cardiac Rehabilitation Resource Manual American Association of Cardiovascular & Pulmonary Rehabilitation, 2006 AACVPR Cardiac Rehabilitation Resource Manual is the companion text to Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs It complements and expands on the guidelines book by providing additional background material on key topics and it presents new material concerning cardiac rehabilitation and secondary prevention AACVPR Cardiac Rehabilitation Resource Manual combines reference based data with practical information from the field It applies current position statements recommendations and scientific knowledge from medical and scientific literature to aid in designing and developing safe effective and comprehensive cardiac rehabilitation programs Useful for practitioners as well as students and instructors who are learning and teaching key concepts AACVPR Cardiac Rehabilitation Resource Manual provides strong background support to topics addressed in the guidelines such as risk factors for coronary heart disease secondary prevention psychosocial issues and patients with special considerations. In addition each chapter opens with a cross reference box so that readers know where to reference the topic in the guidelines book In addition to supporting information for the

guidelines the manual contains new information to help round out cardio programs Topics include the atherosclerotic disease process cardiovascular and exercise physiology exercise prescription and the electrocardiogram AACVPR Cardiac Rehabilitation Resource Manual is divided into three parts Part I examines the development and prevention of coronary artery disease including reduction of risk factors psychosocial issues and strategies and contemporary procedures for revascularization Part II delineates the role of exercise in heart disease including the exercise and coronary artery disease connection cardiovascular and exercise physiology and exercise prescription Part III focuses on special considerations including heart disease as it relates to women and to the elderly and considerations for people with diabetes chronic heart failure and heart transplants AACVPR Cardiac Rehabilitation Resource Manual contains pertinent detailed information on the topics involved in contemporary cardiac rehabilitation and secondary prevention of coronary artery disease Teamed with Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs the book provides professionals and students with the full range of guidelines and background materials needed for teaching and understanding the key issues in cardiac rehabilitation and secondary prevention

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