

7th European Pediatrics and Pediatric Surgery

September 14-16, 2016 Amsterdam, Netherlands

Exercise in congenital heart disease

Erik Thaulow

University of Oslo, Norway

There are essentially few restrictions given for exercise in congenital heart disease (CHD). Severe pulmonary hypertension, arrhythmias and risks of sudden drop in cardiac output are the most important factors. In addition, some disease (Marfan) collision should be avoided in order to reduce the risk of aortic rupture. A survey on Norwegian children revealed that exercise was very infrequently related to mortality in CHD. It is more important to encourage these patients to be active and also participate in sports than give instructions to avoid sports. Exercise testing is important in individuals both to identify the few in whom exercise should be performed with great care, but most important, to demonstrate to the patient and the family (which should witness the exercise) that exercise activity is safe. Echocardiography done during exercise has been applied in order to study pulmonary hypertension during exercise. This is most often a research tool, but has also in some cases turned out to be of clinical importance. Physical training programs have been applied in CHD. Studies performed conclude that this is safe, there is some increase in oxygen uptake, and activity monitoring has revealed that the effect of such programs is mostly to give the participants greater participation in daily life physical activities. There are several guidelines on exercise in CHD. They should be known by physicians treating CHD patients, but the most important factor is to investigate the individual patients and encourage them to be physically active.

Biography

Erik Thaulow is a Professor at the University of Oslo, Department of Pediatrics and has been Head of Section for Congenital Heart Disease for 15 years. He has published several papers on the topic and has two times been part of the committee producing the ESC Guidelines on GUCH. He has been active in congenital heart disease (CHD) for 30 years. He has organized the GUCH-care at the University Hospital and served as Chairman of the Working Group for Adults with CHD in the ESC.

ethaulow@medisin.uio.no

Notes: