

Cycling and The Heart

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Cycling and The Heart

- 1) Middle age return to exercise
- 2) Long term endurance cyclists
- 3) Cycling with cardiac conditions

Middle age return to exercise

Type A competitive
Graded exercise

Risk factors
Red Flag symptoms
Screening

Middle age return to exercise

Risk Factors:

Obesity

Family history

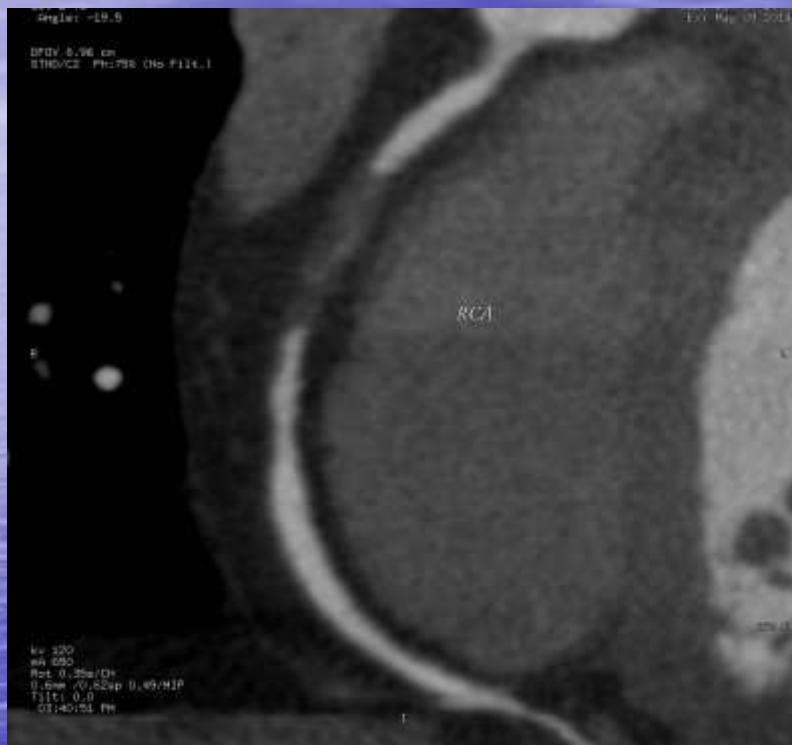
Middle age return to exercise

Red Flag Symptoms:

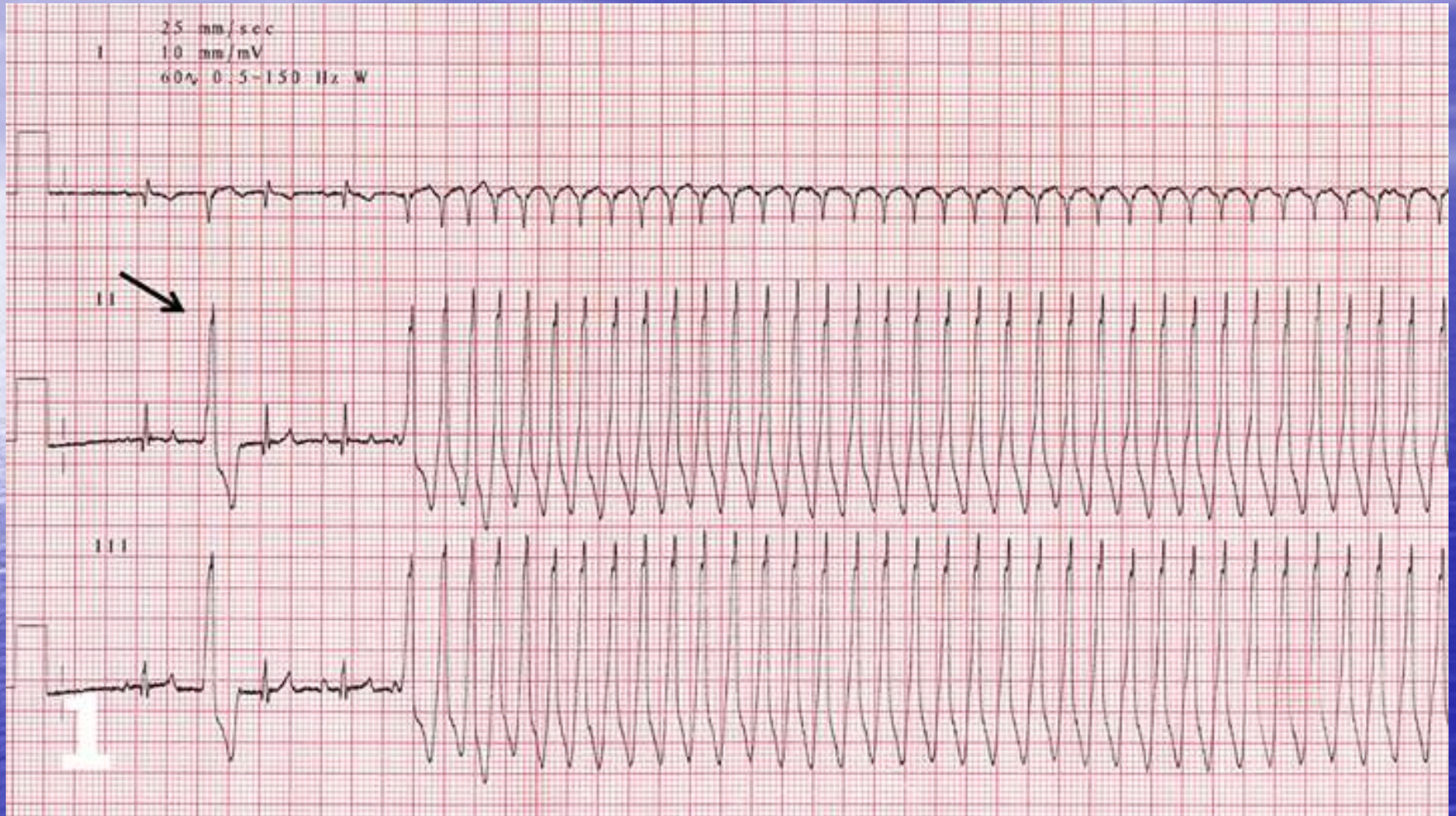
Chest tightness

Dizziness on exertion

Sudden change in heart rate







Cardiac Screening

History

Examination

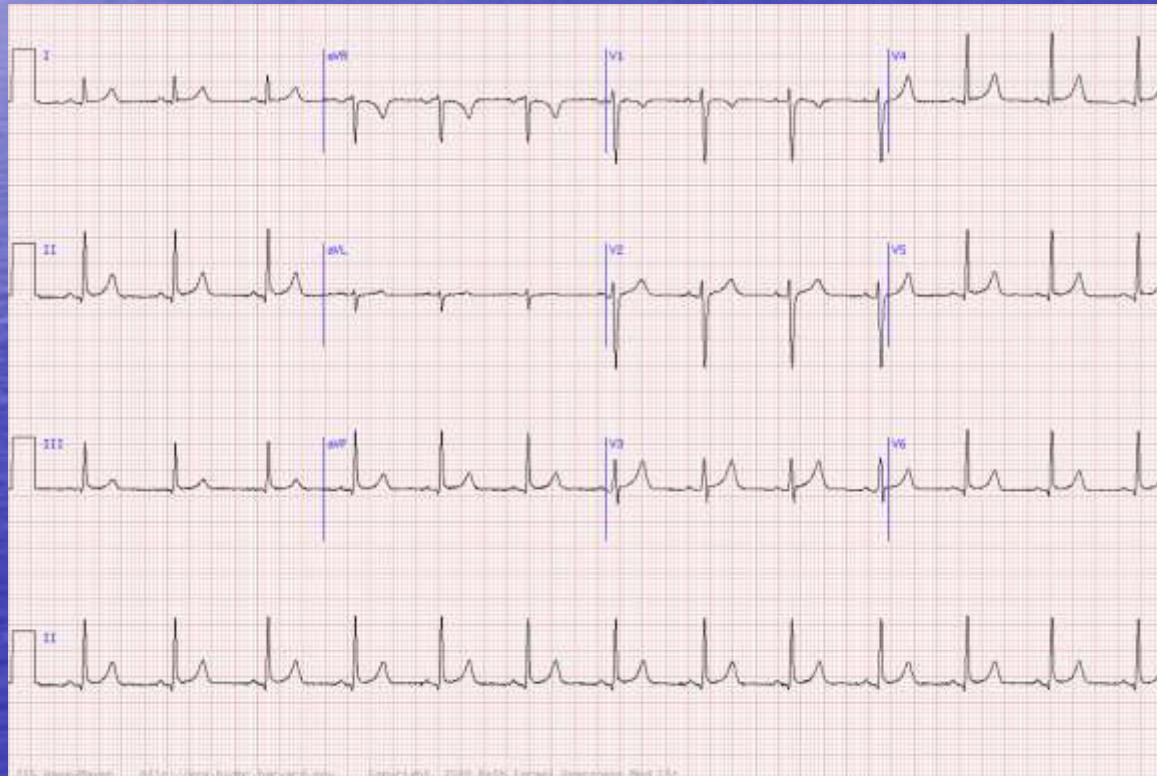
ECG

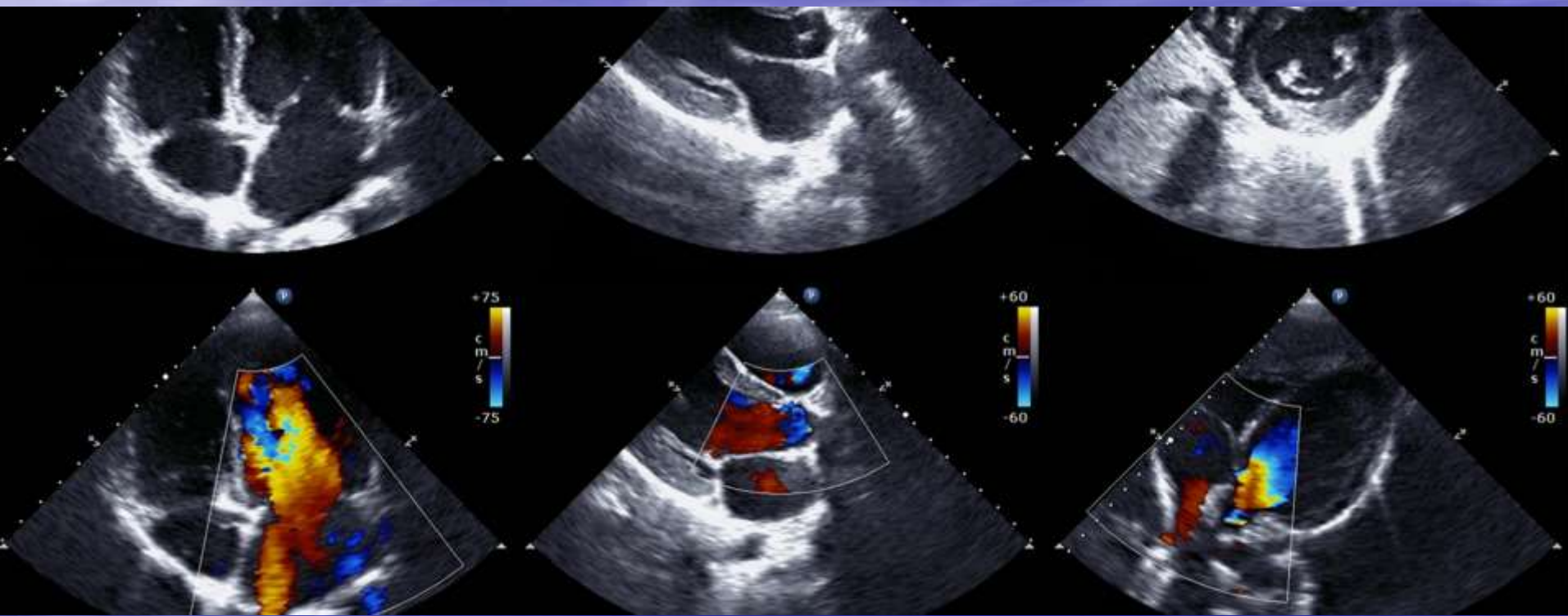
Echocardiogram

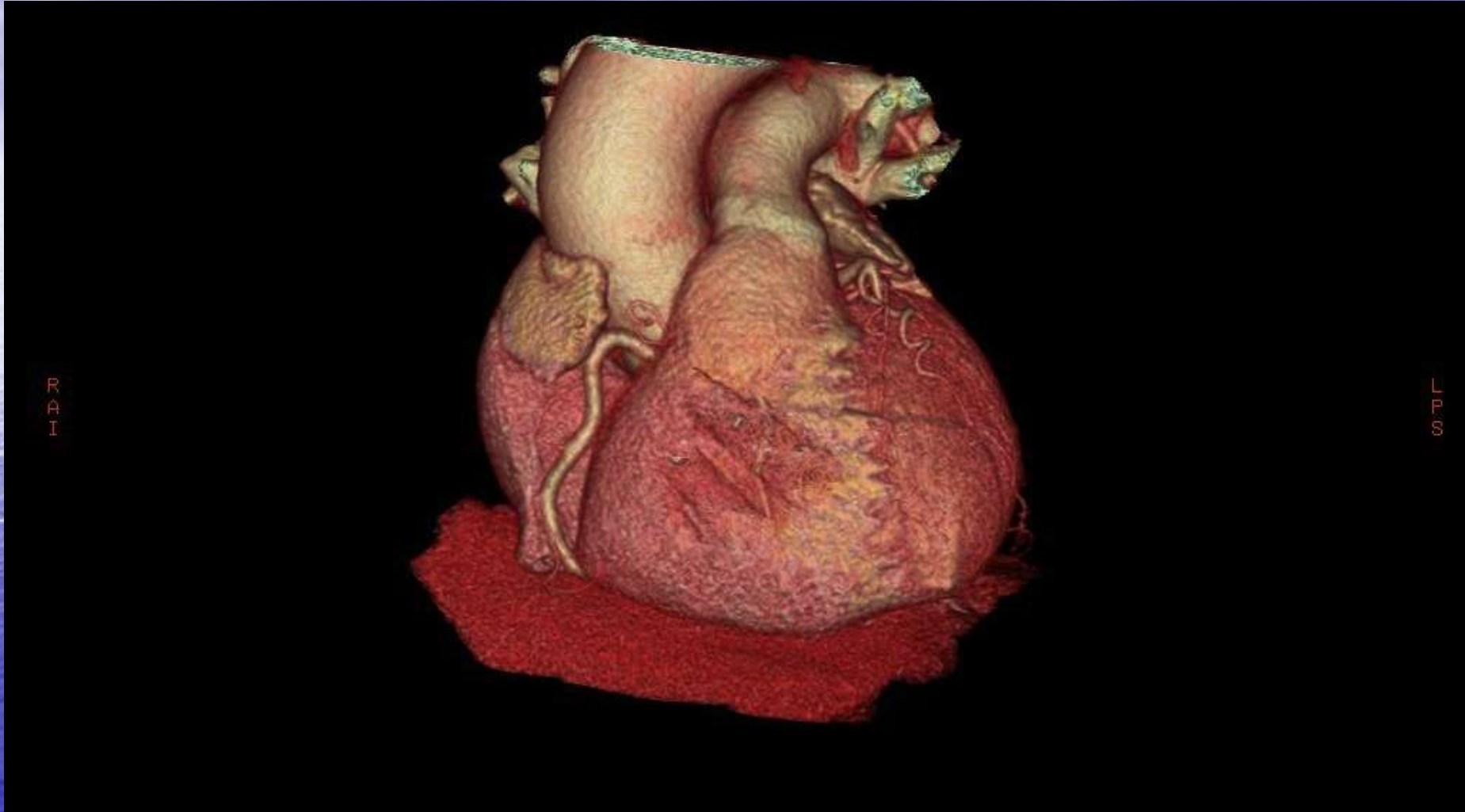
CT coronary angiogram

Cardiac Risk Assessment: How

ECG







Critical Left Main Stem Stenosis





Marathon Deaths: 1.39 per 100,000

- Under 35 Hypertrophic Cardiomyopathy
- Above 35 Ischaemic Heart Disease

Long-term endurance cyclists

Benefits far outweigh risks

Cancer

Obesity

Bone strength

Small increased risk arrhythmia:

Atrial Fibrillation

Family History

Size

Cycling with Cardiac Conditions

Hypertension

Angina

Atrial fibrillation

