

3. Sports Physiotherapy

26 PREVENTIVE CARDIOLOGY AND CARDIAC REHABILITATION

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Cardiovascular disease is the leading cause of death in India. It has reached epidemic proportions, and needs to be addressed through primary and secondary prevention measures. The field of preventive cardiology and cardiac rehabilitation is in its nascent stages in India and these services need to expand widely for the country to effectively manage this epidemic. This talk will focus on the various aspects of cardiac rehabilitation, including cardiovascular disease risk factor reduction, role of exercise in reducing cardiac morbidity and mortality, and the appropriate exercise prescription for those with heart disease.