|  |
| --- |
| **The ESpA-study: screening of cardiovascular diseases** |
| 1. **Patients with cerebral stroke, established coronary heart disease (prior myocardial infarction or angina pectoris) and or an indication of ischemic heart disease will be excluded from the ESpA-study.**
 |
| 1. **Screening questions at baseline:**
* Relatives who have died suddenly and unexpected before the age of 40 years.
* Indication of ischemic heart disease during physical activity such as chest pain, dizziness or abnormal dyspnea
* First-degree relatives diagnosed with hypertrophic cardiomyopathy
* ECG signs of ischemic heart disease shown at a previous consultation
 |
| 1. **Blood pressure (measured at baseline)**

Systolic blood pressure > 200 mmHg or diastolic blood pressure > 115 is a contraindication for physical activity, and participants are excluded from the study. |
| 1. **Atrial fibrillation (measured at baseline)**

If atrial fibrillation is detected at baseline the patients is excluded from the ESpA-study. |