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| **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. |