

# EXERCISE FOR HEART HEALTH



## BENEFITS OF EXERCISE FOR PATIENTS WITH HEART DISEASE AND HEART FAILURE

- ✓ Reduces risk for cardiovascular disease
- ✓ Improves quality of life for patients with heart failure

↓ 20-40%



- ✓ Improves physical fitness and combats sedentary lifestyle - a risk factor for heart diseases
- ✓ Improves blood circulation to the legs and increases walking endurance



Do not engage in exercise if there are **NEW** changes to your heart status:

### Signs & symptoms suggesting heart-related issues

- Pain or discomfort in chest, neck, jaw or arm when at rest, or worsens with exertion
- Unexplained breathlessness (e.g. at rest, with mild exertion or when lying flat)
- Dizziness or fainting episodes
- Intermittent pain over the legs
- Unexplained fast heart rate
- Unusual fatigue
- Bilateral ankle swelling (present in both feet)
- Presence of heart murmur (sounds of whooshing)



See your heart doctor for advice if you had a heart attack, abnormal heartbeat or heart failure in the past 6 months (Participate in a medically-supervised exercise programme to improve your health).



## EXERCISE PRECAUTIONS

During exercise, monitor symptoms suggestive of heart-related problems. If you have symptoms, stop your exercise and see a doctor for advice.

### MEDICATIONS



- 1 **GTN (Glyceryl trinitrate)** → Standby for chest pain

If you are on the following:

- 2 **Statins/ Fenofibrate/ Gemfibrozil** → Watch out for:
  - Muscle aches & cramps
  - Fatigue
  - Tea-colored urine

- 3 **Beta-blockers** (e.g. bisoprolol, atenolol) & **Diuretics** (e.g. frusemide, hydrochlorothiazide) →
  - Hydrate well
  - Watch for symptoms of heat injury and low sugar (e.g. giddiness, tremors, confusion)

- 4 **Calcium channel blockers** (e.g. nifedipine, amlodipine), **Alpha-blockers** (e.g. prazosin) & **Vasodilators** (e.g. ISMN, ISDN) → Do prolonged and gradual cool-down exercises to prevent sudden drops of blood pressure post-exercise.

