

Health benefits of physical activity in cardiac patients

The beneficial effects of physical activity (PA) on cardiovascular health are well investigated. The current guidelines of the WHO recommend adults to perform at least 150 minutes of moderate-intensity aerobic PA or at least 75 minutes of vigorous-intensity aerobic PA throughout the week, or an equivalent combination of moderate- and vigorous-intensity PA. Guidelines for cardiac patients have recommended a similar amount of moderate-intensity aerobic PA to prevent cardiovascular disease (CVD) recurrence or to gain CVD risk reduction. However, the evidence for the dose-response relationship between PA and CVD or mortality in cardiac patients is limited and inconsistent. Therefore the research question for this internship is to examine the dose-response relationship between PA and recurrence of major CVD events and mortality in cardiac patients.

For this study you will use data of ~3000 cardiac patients who were followed over 10 years. Cardiac patients were clinically examined every 5 years and filled in questionnaires about their physical activity and lifestyle. Mortality data and cause of death will be collected using the data of CBS (Centraal bureau of de Statistiek). During this internship, you will work at the department of Physiology of the Radboudumc and you will be supervised by Drs Esmee Bakker and Dr Eijsvogels.

Duration: 5-8 months

Period: Starting in Spring of 2019

For the complete internship description or any questions, please contact:

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