

Physical activity decreases sudden cardiac death risk in unfit men

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Physical activity decreases the risk of sudden cardiac death in unfit men, reveals research presented at the ESC Congress today by Dr. Jari Laukkanen and Dr. Magnus Hagnas from Finland.

Dr Laukkanen said: "Sudden cardiac death (SCD) accounts for approximately 50% of deaths from [coronary heart disease](#). SCD typically occurs shortly after the onset of symptoms, leaving little time for effective [medical interventions](#), and most cases occur outside hospital with few or no early warning signs. Finding ways to identify individuals at elevated risk of SCD would allow early interventions on risk factors to be implemented."

The current study investigated the impact of high leisure-time physical activity (LTPA) combined with cardiorespiratory fitness (CRF) on risk of SCD. It included 2,656 randomly selected men aged 42 to 60 years from the Kuopio Ischemic Heart Disease Risk Factor Study, a Finnish study of risk predictors for cardiovascular outcomes and SCD in the general population. Baseline cycle exercise test and risk factor assessment were performed in 1984-89. SCD was defined as death with cardiac origin within 24 hours after onset of symptoms.

LTPA was assessed using a 12-month physical activity questionnaire. One third of subjects had low LTPA ([energy consumption](#)

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