Level 3 Diploma in Exercise Referral

REVISION NOTES – Medical Conditions/Activity Guidelines

HYPERCHOLESTEROLAEMIA

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| **Pathophysiology and signs/symptoms** | **Total blood cholesterol of > 5mmol/L for health adults or >4 mmol/L for those at high risk (existing CV disease or family history of CV disease.**  LDL cholesterol of > 3mmol/L (2 mmol/L for high risk adults) |
| **Progression of pathophysiology and signs/symptoms** | **Plaque build up on artery walls/ Atherosclerosis**  Increased risk of CHD and CV disease, hypertension and stroke |
| **Modifiable and non-modifiable risk factors** | **Modifiable** – sedentary lifestyle, obesity, smoking, alcohol misuse, excessive salt intake, diet, type 2 diabetes  **Non-modifiable** – age, family history, genetics, ethnicity |
| **Drug treatments – effects and side effects** | Statins   * reduction LDL, increase HDL * reduce coronary events * muscle ache and fatigue |
| **Surgical/therapeutic interventions** | **Improve modifiable risk factors** – sedentary lifestyle, obesity, smoking, alcohol misuse, excessive salt intake, diet, type 2 diabetes |
| **Lifestyle modifications** | **Increase physical activity**  **Health diet (e.g. reduce salt intake)** |
| **Benefits of exercise** | **Improve lipid profile**  **Lowers total blood cholesterol**  **Increases HDL:LDL ratio**  Manage body weight |
| **Exercise risks** | Overexertion  Effects of medications  Co-morbidities |
| **Exercise guidelines** | **Extended warm up and cool down**  **Avoid isometric contractions**  **Avoid prolonged, heavy or repetitive overhead work**  **Low-moderate intensity**  Effects of medication  Low resistance |