

International Conference on Sports Medicine and Fitness

March 23-25, 2015 Chicago, USA



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Basic & update of exercise stress test

Exercise stress test (EST) is the most common reliable noninvasive and relatively inexpensive tool for primary diagnosis and evaluation of patients who have or at risk of developing cardiac diseases, the most common of which is coronary artery disease (CAD). EST is a cardiovascular stimulation test which is performed on treadmill or bicycle, monitoring the electrocardiogram (ECG), blood pressure (BP), heart rate (HR) and patient appearance including chest pain and dyspnea. The American College of Cardiology (ACC) and American Heart Association (AHA) recommended that EST is the first of choice test in the diagnosis of CAD intermediate- risk patients and most patients who can exercise. Although emphasis has been placed on the diagnostic value of ST-segment depression, EST provides other valuable diagnostic and prognostic data. The objective of this symposium to provide revised standards, update and guidelines of EST which include:

1. Physiology of Exercise Stress Test
2. Exercise Stress Test Procedure
3. Interpretation of Exercise Stress Test Data
4. Integrated Scores & Modern Report of Exercise Stress Test

Biography

Salaheddin Sharif has completed his M.B.Ch.B, MD from Arab Medical University, Libya, general surgery residency at University Teaching Hospital, and MS of clinical exercise physiology from West Virginia University, USA. He is a sport medicine physician for the National Football Union in Benghazi, Libya and a registered clinical exercise physiologist at American College of Sports Medicine (ACSM). He is a lecturer in the Physiology Department at the University of Benghazi, School of Medicine in Libya. His focus is pre-participation screening of athletes, functional assessment, cardiopulmonary rehab, weight management, sports nutrition, and injury prevention. He includes sports as essential part of his life and has earned a black belt from the International Karate Organization Kyokushin Kaikan – I.K.O Matsushima.

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