

BÖLÜM 6

KARDİYOVASKULER SİSTEMİN EGZERSİZE UYUMU

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Giriş

Amerikan Kardiyoloji Derneği, kardiyovasküler hastalık riskinin azaltılması için hafta 3-4 gün, günde en az 30 dakika, orta düzeyde egzersiz yapılmasını önermektedir. Ayrıca, birçok çalışma ile aerobik egzersiz programlarının kardiyovasküler fonksiyonlar üzerine olumlu etkileri de gösterilmiştir. Bu olumlu etki sadece sağlıklı bireylerde değil, yaşlı veya kardiyovasküler risk faktörleri bulunanlarda da geçerlidir. Bu bölümde, egzersizin kardiyovasküler sistem üzerine etkileri ve sonuçları ele alınacaktır.

Egzersiz, tekrarlayan kas aktiviteleri ile karakterize bir faaliyettir. Bu nedenle, egzersiz boyunca kardiyovasküler sistemden beklenen, çizgili kas dokusunun artan oksijen ihtiyacına cevap vermesidir. Bu amaçla, kardiyovasküler sistemde akut değişiklikler meydana gelir. Uzun süreli egzersizlerde ise kalbe binen yük nedeniyle akut değişiklikler egzersiz süresi kadar devam ettirilemez. Egzersiz alışkanlık haline gelirse, kronik dönemde bazı değişiklikler meydana gelir. Bu sebeplerle, bu bölümde, egzersize kardiyovasküler sistemin cevabı akut ve kronik değişiklikler olarak iki alt başlık halinde sunulacaktır.

Akut Değişiklikler

Sistolik kan basıncı ve kalp hızı, katılımcının güvenliğini sağlamak için egzersiz testi sırasında rutin olarak izlenen iki değişkendir. Bu değişkenlerden herhangi biri artan iş yükü ile yükselmezse, kardiyovasküler yetmezlik ortaya çıkabilir ve egzersiz testi durdurulmalıdır. Sistolik kan basıncında (260 mmHg'nin üzerinde)

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Kaynaklar

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