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Hello,

You have told us that you have had a death in your immediate family from cardiac arrest or heart disease: this is probably a sudden death which is "an unexpected cardiac arrest with no obvious cause with a sudden collapse occurring within an hour of the onset of the first symptoms" (National Heart, lung, and blood Institute and the Heart Rhythm society workshop 2010).

In 80% of cases it affects men, whether or not they are athletic and in good apparent health. The French Society of Cardiology has published recommendations to limit the occurrence of this cardiac event and to adopt the right reflexes for immediate treatment.

I recommend that you consult your attending physician who will perform or request a cardiac check-up with the performance, at a minimum, of a resting electrocardiogram.

While waiting to perform this check-up, you can start a physical activity program by respecting the basic rules of precautions which can be consulted on the IRBMS website.

Be aware that there are associations, clubs and coaches specialized in coaching beginners and offering physical activity adapted to your level and/or your possible health problems. Talk to your doctor or pharmacist.

I remain at your disposal to help you in your approach which is not made to worry you but to allow you, if need be, to receive the adapted medical supervision in connection with a practice of adapted, safe and perennial physical activity.