

START'R



DOCTOR PATRICK BACQUAERT

Chief Physician of the Research Institute for Wellness,
Medicine and Health Sport (IRBMS)
Medical advisor for Start'R program

WWW.IRBMS.COM

Hello,

You have told us that you have experienced chest pain, palpitations, heart irregularities, abnormal shortness of breath, dizziness, malaise or loss of consciousness.

It is always difficult to know if feeling any of these symptoms is related to transient fatigue, overtraining, a blood pressure abnormality or a heart problem.

In case of doubt and in order to make your physical practice safer, we recommend that you consult your referring doctor who will perform or request an appropriate cardiac check-up.

While waiting to carry out this assessment, you can start a program of physical activity adapted in endurance by respecting the elementary rules of precautions available on the IRBMS website.

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



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INSTITUT DE RECHERCHE DU BIEN-ÊTRE
DE LA MÉDECINE ET DU SPORT SANTÉ