THE ROLE OF PHYSICAL ACTIVITY IN THE PREVENTION OF STROKE

Chrysohoou Ch.1,2, Pitsavos Ch.1, Kokkinos P.2, Panagiotakos D. B.1, Singh S. N.2, Stefanadis Ch.3

1First Cardiology Clinic, School of Medicine, University of Athens, Greece
2Cardiology Department, Veterans Affairs Medical Center, Washington DC, USA

SUMMARY

Although large-scale epidemiologic studies, as well as interventional trials have provided strong evidence of a consistent and robust association between physical activity and cardiovascular disease, the effect of exercise on the burden of stroke is not well understood and appreciated. This review has a purpose to summarize the literature on the effect of physical activity on stroke morbidity and mortality, and to provide current scientific evidences.

Key words: stroke, physical activity

Address for correspondence: Ch. Chrysohoou, 46 Paleon Polemiston Str., 16674 Glyfada, Greece. E-mail: Chrysohoou@usa.net