

ACHA Webinars Presents:

Exercise and ACHD: From Testing to Treatment

Monday, December 8, 2014, 7 p.m. – 8 p.m. EST

Presenters:

Alexander (Sasha) Opotowsky, MD, and Keri Shafer, MD

About the Webinar

Don't miss this webinar—you will learn what happens when you exercise and how different CHDs may change that response. Did you know that exercise can help your cardiologist make a diagnosis, understand how well you'll do in the future, know why you may not be able to do as much as you want, and precisely monitor your heart and lung function? You will also find out how exercise is used as therapy. Practical aspects of exercise—such as exercise prescriptions, how to know if you're doing too much or too little, and how to exercise safely—will be discussed. Register today and learn all you want to know about exercise from ACHD cardiologists Dr. Alexander (Sasha) Opotowsky and Dr. Keri Shafer.



REGISTER NOW:

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About the Speakers

Alexander (Sasha) Opotowsky, MD, and Keri Shafer, MD, are faculty members at the Boston Adult Congenital Heart and Pulmonary Hypertension Service at Boston Children's Hospital and Brigham and Women's Hospital. Dr.

Opotowsky, research chair of the ACHA Medical Advisory Board, focuses his research on using exercise testing to understand the real cause of a patient's symptoms and to better guide effective treatment. Dr. Shafer's research and clinical interests include understanding how the heart and blood vessels respond to exercise and what exercise training programs are the safest and most effective.

About the Adult Congenital Heart Association

The mission of the Adult Congenital Heart Association (ACHA) is to improve and extend the lives of the millions born with heart defects through education, advocacy and the promotion of research. If you would like to find out more about our programming, visit our website, www.achaheart.org. To support ACHA's mission to improve and prolong the lives of heart defect survivors, you can make a donation on our website.

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