



# PROGRAM THURSDAY APRIL 12

## Workshop -Exercise and AF

### 12.00 LUNCH

### 13.00 WELCOME

Co-leader of afib.no

**Ingrid E. Christophersen** - MD, PhD, postdoctoral research fellow, the Department of Medical Research, Bærum Hospital, Vestre Viken Hospital Trust.

**Marius Myrstad** - MD, PhD, postdoctoral research fellow, the Department of Medical Research and the Medical Department, Bærum Hospital, Vestre Viken Hospital Trust.

### 13.15 PHYSICAL ACTIVITY, EXERCISE AND ATRIAL FIBRILLATION

#### – CURRENT EVIDENCE AND FUTURE OPPORTUNITIES

**André La Gerche** - Associate Professor, MBBS, PhD, Head of Sports Cardiology and Cardiac Magnetic Resonance Imaging at Baker Heart and Diabetes Institute, Cardiologist at St Vincent's Hospital Melbourne, Visiting Professor at University of Leuven, Belgium, Early Career Fellow of the Australian National Health and Medical Research Council and Future Leader Fellow National Heart Foundation.

### 14.00 PRESENTATION OF NEW AND ONGOING RESEARCH PROJECTS

- Biomarkers for atrial fibrillation in veteran athletes - The Birkebeiner II Study

**Marit Aarønes** - MD, PhD, Diakonhjemmet Hospital.

- Physical activity and risk of atrial fibrillation - Actiwave-cardio-data from the Tromsø Study  
**Bente Morseth** - PhD, Associate Professor, leader of the research group "Physical activity and public health", School of Sport Sciences, UiT – The Arctic University of Norway.

- Physical activity and the heart during ageing -The Tromsø Study

**Bente Morseth**



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### 14.30 BREAK

### 14.45 MONITORING OF PHYSICAL ACTIVITY IN STUDIES

**Ulrik Wisløff** - Professor, PhD, Head of the Cardiac Exercise Research Group and K.G. Jebsen Centre for Exercise in Medicine, the Norwegian University of Science and Technology.

### 15.15 SCREENING FOR ATRIAL FIBRILLATION AND MODALITIES FOR ECG MONITORING IN RESEARCH

**Trygve Berge** - MD, PhD-fellow, the Department of Medical Research, Bærum Hospital, Vestre Viken Hospital Trust.

### 15.45 EXERCISE AND ATRIAL FIBRILLATION

#### - A NORDIC PHENOMENON OR A CHALLENGE OF EUROPEAN INTEREST?

**Erik Ekker Solberg** - MD, PhD, Diakonhjemmet hospital. Chair in section sports cardiology, the European Society of Cardiology. Chair in working group on preventive cardiology, cardiac rehabilitation and sports cardiology, The Norwegian Society of Cardiology.

### 16.00 CLOSING REMARKS AND INFORMATION FROM AFIB.NO

Leader of afib.no

**Arnljot Tveit** - MD, PhD, Professor of medicine, the Department of Cardiology, Institute of Clinical Medicine, University of Oslo. Head of the Department of Medical Research, Bærum Hospital, Vestre Viken Hospital Trust.

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