

고혈압 환자의 운동처방

Exercise Prescription for Hypertensive Patients

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Abstracts

Behavioral modification is an essential component for the management of hypertension, and exercise is an important element to reduce blood pressure. For hypertensive patients, endurance exercise makes systolic blood pressure higher than in normal persons without a change in diastolic blood pressure. Exercise can reduce blood pressure by decreasing the norepinephrine level, increasing vasorelaxing materials, and improving hyperinsulinemia. Before prescribing exercise for patients with hypertension, exercise stress test should be done for men over 40, women over 50, and those who have 2 or more risk factors of coronary artery diseases (male, diabetes mellitus, hypercholesterolemia, family history of coronary artery disease, and smoking). There are 4 components in exercise prescription: aerobic; frequency 3~7 times/week, duration 20~60 minutes; and intensity 50~85% of VO_{2max} . After 3 or 4 months of well - controlled blood pressure with regular exercise, the antihypertensive drugs can be tapered gradually.

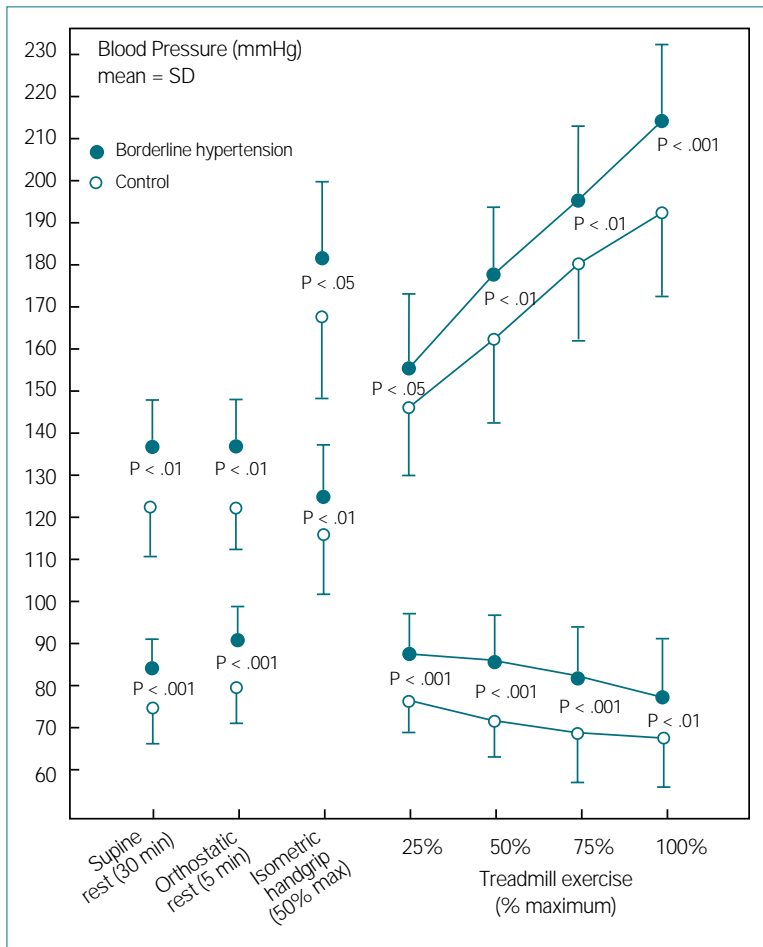
Keywords : Hypertension; Exercise prescription;
Endurance exercise; VO_{2max}

· ; ; ;

가 (1).

1.		(3).
	30 45	
	1~3	10~20mmHg
(,) ()	,	
~ ~	가	(4).
~ ~		
~ ~	,	(5). 가
0 ~ 0 ~		가

가	.	
	11mmHg, 8mmHg	
가 (1).	(6).	
	가	
(aortic pulse wave velocity,	(7).	
PWV)가	85mmHg	
(carotid augmentation index, AI)가	, ,	
,	가 , 2mmHg	
(2).	.	
	5~6mmHg . 2mmHg	
	15%	
가	6%	
가	가 가	
(1).	(8).	



1.

가

, ,

가

가

(7).

가

가 (11).

7~9

10.3 ± 1.7km

가 12

1

(12).

(9).

90~100mmHg

가

(10).

가

2~3

(13).

2.	가	260mmHg
•	2가	115mmHg
•		
•		
•	가	
•		diltiazem, verapamil
• 40		
• 50		
		dihydropyridine
		가
	가	
	(14).	가가
	가	
		RPE(ratings of perceived exertion)
(atrial natriuretic factor)	가	
	(15).	
		ACE 가
		ACE
2		가
		180/110mmHg
200mmHg		
115 mmHg가	가	가 , ,

3.

				/ /	
·	· VO _{2max} 가	가	가	· 50~85%	
	·	가		· 11~13	
	·	가		· 3~7	· 4~6
	·			· 1 30~60	
				· 700~2,000Cal	

- 3
- 50~85%
- 가
- (40~70%)
- 가
- 가 (220 -)
- 5 100
- 5 10
- 1
- 10~15
- 15 2 2~3
- 12~16 가
- 2
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Peer Reviewer Commentary

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