

## Contraindications for Health 60+ program

### 1. Cardiovascular diseases:

Rheumatic endomyocarditis

Abramov-Fiedler Myocarditis of infectious and allergic origin and diseases similar to it in severity.

Ischemic heart disease (*Acute myocardial infarction (less than 12 months after the rehabilitation period).*

*Unstable angina (angina attacks under normal physical activity (III FC)) with circulatory deficiency stage higher than 1 with heart arrhythmia. Frequent attacks of stable angina and angina at rest (IV FC) or left ventricular failure (cardiac asthma)).*

Circulatory deficiency

Permanent and paroxysmal forms of atrial fibrillation, paroxysmal tachycardia, complete bundle branch block. Life-threatening heart arrhythmia (*polytopic, frequent (10-15 times per minute or more) premature ventricular contractions (grades 3-5 according to Lawn); paroxysmal atrial flutter and fibrillation that are hard to stabilize; complete atrioventricular block, sick sinus syndrome).*

Sinus bradycardia with heart rate less than 50 beats/minute.

Hypotension with blood pressure less than 90/60 Hg and lower.

Hypertension unresponsive to hypotensive therapy.

Atherosclerotic dyscirculatory encephalopathy with impaired mental adaptation to the environment.

Multifocal atherosclerosis.

Atherosclerosis of the lower extremities with decompensation of peripheral blood circulation, ulcers, gangrene.

Thromboangiitis obliterans (endarteritis) with a tendency to spread, with a concomitant migratory thrombophlebitis, when there are trophic disorders.

Thromboembolic disease.

### 2. Digestive system diseases:

All digestive system diseases in the acute phase.

Acute hepatitis.

Cirrhosis.

Liver failure.

All forms of jaundice.

### 3. Nervous system diseases:

Nervous system diseases of infectious, vascular, traumatic, demyelinating nature (*Alzheimer disease, Parkinson's disease*) in any period.

Amyotrophic lateral sclerosis.

Consequences of spinal cord injuries and diseases, brain injuries and diseases.

Nervous system diseases, accompanied by mental disorders (psychosis, obsessive-compulsive disorders) and disabilities affecting intellectual abilities.

Dementia.

Epilepsy and epileptic syndrome with various forms of seizures.

Acute cerebrovascular diseases, transient ischemic attacks and their consequences related to motor, speech and other disorders.

**4. All diseases requiring inpatient care.**

**5. Respiratory system diseases:**

All respiratory diseases, accompanied by the development of cardiopulmonary failure.

Bronchiectasis and chronic abscess.

Chronic obstructive pulmonary disease and asthma requiring systemic glucocorticoids.

Spontaneous pneumothorax.

Hemoptysis.

Pleural effusion.

**6. Kidney and urinary tract diseases:**

Acute and chronic kidney diseases with signs of chronic renal failure with GFR less than 60ml/min, high arterial hypertension (exceeding 180 mm Hg).

Hematuria of any origin.

**7. Gynecological diseases:**

Malignant neoplasms and assumptions of their presence.

**8. Endocrine and metabolic disorders:**

Thyrotoxicosis.

Diabetes in decompensation stage and its complications (*diabetic neuropathy, nephropathy, angiopathy*).

**9. Diseases of the skin and subcutaneous tissue:**

All skin diseases in the acute stage.

Contagious skin diseases.

**10. Diseases of blood and blood-forming organs:**

All blood system diseases in the acute stage and the stage of exacerbation.

Leukemia.

Hodgkin's lymphoma.

Hemophilia. T-cell lymphoma.

Myeloma.

Moderate and severe anemia.

Anemia of any severity of uncertain origin.

**11. All forms of active tuberculosis.**

**12. Conditions after surgery**

Heart surgery less than 12 months ago, in other cases less than 6 months after surgery. It is allowed to undergo a program two months after surgery only if there is positive postoperative dynamics and clinical indicators. It is required to consult a clinic's doctor by phone before booking a program.

- 13. All sexually transmitted diseases in acute or contagious form.**
- 14. Oncological diseases, oncological diseases in the past medical history**  
Within 5 years after the end of the follow up period (after the treatment was provided).
- 15. Tumors of undefined origin.**
- 16. Fever of undefined origin.**
- 17. Age over 80.**
- 18. Systemic and autoimmune diseases**  
Systemic lupus erythematosus, rheumatoid arthritis, systemic scleroderma, systemic vasculitis, ankylosing spondylitis, etc.