

## Curriculum Vitae

**Dr Jostein Grimsmo, MD, Ph.D**

Medical Head, Department of Cardiac Rehabilitation,  
Clinic for Rehabilitation, LHL-Clinics Feiring

Head, Department of Quality and Research, LHL-  
clinics.



**Report Coordinator**

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### Short CV

#### **Professional qualifications:**

1984 Cand.med. (MD) University in Oslo  
1993 Speciality certification in Physical Medicine and Rehabilitation  
1997 Board Certification in Sports Medicine  
2011 Ph.D in the field of sports cardiology and sports physiology  
2015 Authorised sonographer in echocardiography

#### **Professional career:**

1993-1995 Physician and head of one department in Sunnaas Rehabilitation Hospital  
1995-2001 Chief physician and head of department of physical medicine and rehabilitation, Østfold Central Hospital, Norway  
1995-2001 Specialist practice at the Norwegian Institute of Sports Medicine  
2001 and onward: Medical Head, Clinic for Cardiac rehabilitation, LHL-clinics Feiring,

My clinical work for the last 15 years has focused mostly on secondary prevention and cardiac rehabilitation, including a special interest in work physiology (cardiopulmonary exercise testing). Most of my research is in the field of sports cardiology (long-endurance training and risk of atrial fibrillation) and echocardiographic findings in senior athletes. Involvement in projects today include a new study among master athletes; studies in obesity and diastolic function; primary prevention; and a retrospective study among exercise testing data in many thousands of former patients in cardiac rehabilitation.

#### **Chapters in Textbooks:**

Grimsmo J. Hjerterehabilitering – et tiltak for å begrense negative følger av hjertesykdom (Cardiac Rehabilitation – a measure to limit negative consequences of heart disease). (Chapter 9). In: Læring og Mestring – et helsefremmende perspektiv i praksis og forskning. Lerdal A, Fagermoen MS. Gyldendal Akademisk 2011.

Grimsmo J. Effekt av og anbefaling for fysisk trening ved normalt hjerte og ved hjertesykdom (Effects of and recommendations for physical training in persons with normal hearts and in persons with heart disease). Chapter 9. In: Kardiologi. Klinisk veileder. Forfang K, Istad H, Wiseth R (red.) 2. utgave. Gyldendal Akademisk 2015; 351-363.

## Publications:

Rognmo Ø, Moholdt T, Bakken H, Hole T, Mølsted P, Myhr NE, **Grimsmo J**, Wisløff U. Response to letter regarding article, "Cardiovascular risk of high- versus moderate-intensity aerobic exercise in coronary heart disease patients." *Circulation* 2013; 127(21):e638.

Rognmo O, Moholdt T, Bakken H, Hole T, Mølsted P, Myhr NE, **Grimsmo J**, Wisløff U. Cardiovascular Risk of High- Versus Moderate-Intensity Aerobic Exercise in Coronary Heart Disease Patients. *Circulation* 2012; 126(12):1436-40.

Moholdt T, Bekken Vold M, **Grimsmo J**, Slørdahl SA, Wisløff U. Home-based aerobic interval training improves peak oxygen uptake equal to residential cardiac rehabilitation: a randomized, controlled trial. *PLoS One* 2012; 7(7):e41199.

**Grimsmo J**. Is it dangerous to train hard? *Tidsskr Nor Laegeforen* 2012; 7:132(3):263.

**Grimsmo J**, Maehlum S, Mølsted P, Arnesen H. Mortality and cardiovascular morbidity among long-term endurance male cross country skiers followed for 28-30 years. *Scand J Med Sci Sports* 2011 ;21(6):e351-8.

**Grimsmo J**, Arnesen H. The relationship between exercise and the healthy heart: trouble in paradise? *Expert Rev Cardiovasc Ther* 2010; 8(8):1047-8.

**Grimsmo J**, Grundvold I, Maehlum S, Arnesen. Echocardiographic evaluation of aged male cross country skiers. *H.Scand J Med Sci Sports* 2011 ;21(3):412-9.

**Grimsmo J**, Grundvold I, Maehlum S, Arnesen H. High prevalence of atrial fibrillation in long-term endurance cross-country skiers: echocardiographic findings and possible predictors--a 28-30 years follow-up study. *Eur J Cardiovasc Prev Rehabil* 2010; 17(1):100-5.

**Grimsmo J**, Arnesen H, Maehlum S. Changes in cardiorespiratory function in different groups of former and still active male cross-country skiers: a 28-30-year follow-up study. *Scand J Med Sci Sports* 2010; 20:e151-e161.