averaged 157.4 ± 115.4 and 165 ± 77.2 min per week for group 1 and 2, respectively. Fifty-three percent and 41% of patients remained active in both groups respectively.

Conclusion.– About half of the patients are non-adherent to PA after CRP and do not reach target levels recommended by physicians. The first 2 months following the discharge of CRP seem to be of outmost importance for lifestyle modifications maintenance, and further study monitoring more closely PA decrease could help to clarify the optimal follow-up options.

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The effects of cardiovascular rehabilitation after coronary stenting

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Purpose.– To determinate the effects of a cardiac rehabilitation program on risk factors, functional capacity, psychological well-being and quality of life in patients post coronary stenting (CS) realised after myocardial infraction (MI).

Methods.– It was a prospective study including 68 patients with MI who underwent CS. Patients were randomized to control (CG: n = 38) or training group (TG: n = 30).

An evaluation with a maximal exercise testing (MET), a 6-minute walking distance (6-MWD), a measure of serum cholesterol levels, an impedancemetry, a SF36 scale and a HAD questionnaire was conducted at the beginning, after 8 weeks and after 2 years.

Results.– After 2 months of cardiac rehabilitation, the TG has improved his cardiorespiratory parameters especially peak VO2 (18%, \( P < 0.001 \)), this gain was maintained after 2 years. An amelioration of cardiovascular risk factors was found only in the TG with an increase of the HDL cholesterol (\( P = 0.04 \)). Evaluation after 2 years showed that 88% of smokers gave up smoking in the TG (\( P < 0.001 \)) whereas it was only 24% in the CG (NS). Improved quality of life was observed only in the TG (\( P < 0.001 \)). Both of the groups had a significant improvement in psychological status (more important for the TG). During the follow-up, the TG had significantly fewer hospitalisations for cardiovascular complaints than the CG (20% versus 44%, \( P < 0.001 \)).

Discussion.– Coronary stenting should not delay cardiac rehabilitation that does not increase the risk of stent restenosis.

The cardiac rehabilitation program after stenting is essential in the management of acute coronary syndromes (Class I Grade A).

It has a beneficial effect on functional capacity, cardiovascular risk factors and quality of life.

Further reading


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