Impact of Rehabilitation Schedule on Cardiovascular Compliance in CAD Patients Undergoing Coronary Artery Bypass Surgery or Angioplasty

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Introduction:
Cardiovascular disease remains the leading cause of death and disability in many countries. In Iran, coronary artery diseases are responsible for the highest cardiovascular mortality rate. (8) Many studies show significant improvements in cardiovascular compliance in CAD patients undergoing PTCA or CABG after cardiac rehabilitation programs. (1-7, 9) In this study, we evaluated the impacts of cardiac rehabilitation on Iranian patients who had undergone coronary artery bypass surgery (CABG) or percutaneous transluminal angioplasty (PCI).

Methods:
The current study was a single center case-cross over study. The study was performed in “Shefa Research Center” 2010-2011. Sixty nine consecutive coronary patients entered the study. Thirty nine patients had undergone percutaneous coronary angioplasty (at least 3 weeks before) and 30 patients coronary artery bypass surgery (at least 4 weeks before). The patients completed a 24 or 36 session structured multidisciplinary cardiac rehabilitation program. Patients performed exercise testing using the Bruce protocol before and after completion of cardiac rehabilitation program. Echocardiographic data and laboratory parameters were recorded before and after the program too.