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Cardiac rehabilitation and its essential role in the secondary prevention of cardiovascular diseases

Cardiac rehabilitation and cardiovascular disease prevention

Abstract

Cardiovascular diseases are the most common causes of mortality worldwide. They are frequently the reasons for patient hospitalization, their incapability for work, and disability. These diseases represent a significant socio-economic burden affecting the medical system as well as patients and their families. It has been demonstrated that the etiopathogenesis of cardiovascular diseases is significantly affected by lifestyle, and so modification of the latter is an essential component of both primary and secondary prevention. Cardiac rehabilitation (CR) represents an efficient secondary prevention

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Rehabilitation and secondary prevention programs are recognized as an essential part of the overall care of patients with cardiovascular disease.

They consist of multidisciplinary strategies aiming at the reduction of modifiable risk factors for cardiovascular disease.

Author: Susanna Agostini, Barbara Biffi, Silvia Brazzo, Letizia da Vico, Maria Luisa Masini, Marisa Scapolo

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rehabilitation (CR) is a **comprehensive model of care for the secondary prevention and control of CVD**, including blood pressure (BP) assessment and delivery of inter- ...

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