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The stress of a patient's heart; heart rehabilitation in patients with systolic and diastolic heart failure

There are limited contemporary data regarding the association between improvement in cardiovascular fitness in heart failure (HF) patients who participate in exercise training and the risk for subsequent hospitalizations. Shown in the presentation are the connections between exercise training and skeletal muscle in CHF; the anti-inflammatory effects of exercise training in CHF and the hemodynamic effects of exercise training in CHF (which includes general hemodynamics, endothelial function and small vessels). In addition, pathobiological pathways induced by exercise training in patients with heart failure are displayed. The essential details from research done by David J. Whellan (Jefferson Medical College, Philadelphia, PA) and Christopher M. O'Connor (Duke University Medical Center, Durham, NC) titled: "Efficacy and safety of exercise training as a treatment modality in patients with chronic heart failure" are displayed. Results of a randomized controlled trial investigating outcomes of exercise training (HF-ACTION) are shown as well. Cardiac insufficiency with preserved systolic function; prevailing manifestation of evaluation diastolic impairment using ratio of volume/pressure and pharmaceutical treatment was checked or is being checked on perspective oriented projects. Results regarding exercise capacity, diastolic function & la remodeling and the quality of life are reviewed. In summary, the colleague team work that plays an important role in the field is reflected. Heart failure patients participating in exercise training for improvement of cardiovascular fitness are associated with reduced risk of mortality or hospitalization during long-term follow-up, independent of their baseline fitness.

Biography

Yehuda Adler is Director of Development of Medical Resource, Director of Internship Committee, Director of the Talpiot Medical Leadership Program (a revolutionary program to build medical leadership in Israel), and Director of health professions at the Chaim Sheba Medical Centre, Israel. He is a member of the National Council for Prevention and Treatment of Cardiovascular Diseases at the Ministry of Health in Israel. He is also a Vice Chair of the Nucleus, The ESC's Committee for Myocardial and Pericardial diseases. He wrote the ESC Guidelines for pericardial disease in 2005 and chaired the ESC Guidelines for pericardial disease in 2015. In the past, he served as General Director at Misgav-Ladach Hospital, Jerusalem, Israel. He has published over 200 original articles in leading professional medical and research journals throughout the world and is an active participant and speaker in international scientific meetings.

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