



Cardiovascular Risk Reductions Associated With Aggressive Lifestyle Modification and Cardiac Rehabilitation

Patients who have been treated for coronary heart disease can enroll in traditional cardiac rehabilitation, the Ornish program, or no rehabilitation. No study has compared the impact of each on cardiovascular disease (CVD) risk factors.

This study compares CVD risk changes in post coronary bypass graft or percutaneous coronary intervention procedure patients who participated in the Ornish Heart Disease Reversing Program, a traditional cardiac rehabilitation program, and a control group that received no formal cardiac risk-reduction program. This was a longitudinal, observational study of 84 patients receiving CVD standard of care who elected to participate in one of the three study groups. Assessments of CVD risk factors and anginal severity were obtained at baseline, 3 months and 6 months.

Those patients participating in the Ornish program had significantly greater reductions in angina frequency, body weight, body mass index, systolic blood pressure, total cholesterol, low-density lipoprotein cholesterol, glucose, dietary fat and increases in complex carbohydrates than were experienced in the-rehabilitation or control groups.

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