

심폐재활

게시일시 및 장소 : 10 월 18 일(금) 08:30-12:20 Room G(3F)

질의응답 일시 및 장소 : 10 월 18 일(금) 10:00-10:45 Room G(3F)

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Overweight and obesity do not have beneficial effect on Aerobic and Functional Capacity in MI

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Background and Objective

The obesity paradox, which suggests that overweight and obesity exert protective effects on patient survival after acute myocardial infarction (AMI), has been reported in the existing researches. Thus, the aim of this study was to compare and to determine if the overweight and obesity have positive effects on the cardiorespiratory fitness parameters and lower limb muscular strength, arterial stiffness, walking endurance and body composition in MI patients with overweight and obesity (BMI (body mass index) ≥ 25) vs with normal weight (BMI < 25).

Methods

38 overweight and obese patients (58.7 \pm 10.7 years, 31 males) and 41 normal (61.1 \pm 11.6 years, 34 males) were enrolled from January 2015 to March 2016. Brachial ankle pulse wave (BaPWV) was measured and calculated using an automated device within 3 days after onset. At the initial outpatient visit, cardiovascular fitness was evaluated with an expired gas analyzer. The isometric muscular strengths of bilateral knee flexors and extensors were measured with an isokinetic dynamometer. Gait endurance was assessed by 6 minute walk distance (6MWD) and body composition was measured with a bioelectrical impedance analysis device.

Results

BMI, fat mass, muscle mass and skeletal muscle mass were higher in overweight and obese group than normal weight group. However, there were no significant differences between two groups in peak oxygen consumption (VO₂peak), gait endurance, isometric strength of both hamstring and quadriceps and BaPWV (p value < 0.05).

Conclusion

Overweight and obesity do not have positive effect on cardiorespiratory parameter, gait endurance, isometric lower limb strength and arterial stiffness in MI patients. But, further comprehensive and extensive researches should be warranted.