

Doctor Sven Moebius-Winkler (EUD ID : 111833)  
University Of Leipzig Heart Center  
Internal Medicine/Cardiology Dept.  
Struempelstrasse 39  
DE-04289 - Leipzig Germany  
Phone : +49 341 865 0 - Fax : +49 341 865 1461  
Email : moes@med.uni-leipzig.de

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Title : Five year follow up of the PCI vs. Exercise in stable coronary artery disease- pilot trial ( PET-PILOT)  
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S. Moebius-Winkler<sup>1</sup>, C. Walther<sup>2</sup>, S. Erbs<sup>2</sup>, K. Lenk<sup>2</sup>, S. Gielen<sup>2</sup>, V. Adams<sup>2</sup>, R. Hambrecht<sup>3</sup>, G. Schuler<sup>2</sup> - (1) University of Leipzig Heart Center, Leipzig, Germany (2) University of Leipzig, Heart Center, Leipzig, Germany (3) Klinikum Links der Weser, Bremen, Germany

Coronary revascularisation by percutaneous techniques is widely used in the treatment of patients (pts) with coronary artery disease (CAD). Among non-pharmacological therapeutic options for pts with stable CAD, regular physical exercise training (ET) is known to improve functional work capacity, myocardial perfusion and the 1 year event free survival rate.

Aim of this study was to compare stent angioplasty (SA) with a conservative strategy including daily ET with regard to event-free survival after a 5 year follow up and clinical status.

Method: 101 pts with stable CAD were randomly assigned either to SA or to the ET-group. Pts in both groups received optimised medical standard therapy. Initially and at follow up visits, clinical status was assessed using the Canadian Cardiovascular Society classification (CCS). The primary endpoint was the composite of death from any cause, non-fatal myocardial infarction, cerebrovascular accident, need for any revascularization procedure due to unstable angina pectoris (UA) and hospitalisation due to worsening of angina pectoris.

Results: The event free survival rate for the combined primary endpoint was 63 % (32 patients out of 51) in the exercise training group and 40% (20 patients out of 50) in the stent group (p=0.037) . Within the five years of follow up, 36 cardiovascular events occurred in 19 patients of the training group as compared to 55 cardiovascular events in 30 patients of the stent group.

Conclusion: At long-term follow up of 5 years, daily exercise training additionally to a optimal medical treatment in stable CAD patients leads to a better event free survival rate compared with stent angioplasty.