

## **Cardiac Rehabilitation In Cardiac Patients with Metabolic Syndrome**

**Objectives:** To examine effects of 8-week cardiac rehabilitation (CR) on components of metabolic syndrome (MS) in cardiac patients.

**Methods:** We reviewed data of 160 cardiac patients who were referred to Isfahan cardiovascular research center from their files. ATP III criteria were used to define MS. All patients were enrolled in CR program for 2 months (3session/week exercise training and 8 education sessions for risk factor modification. Independent student t-test and linear regression analyses were used to compare the groups and evaluate the impact of MS on other risk factors

**Results:** The prevalence of MS was 73.6. After CR all components of MS improved in the studied population except for blood pressure and fasting blood glucose in both sex and TG and cholesterol in. CR has the same effects in MS and Non-MS in both sex groups. Having MS was related to abdominal obesity in females and in all the studied population significantly.

**Conclusions:** The prevalence of MS is high in cardiac patients specially women. CR led to reductions in components of MS. Our study supports the benefits of moderate-intensity exercise to improve cardiovascular risk factors in both MS and Non-MS Cardiac patients.

**Key words:** cardiac rehabilitation, metabolic syndrome cardiovascular risk factors