

# Cardiac Rehabilitation and Coronary Artery Disease

NCT06579807

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Instituto Nacional de Cardiologia de Laranjeiras
Enrollment	50 participants

## Key Eligibility Criteria

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### Inclusion (2)

- Eligible CAD patients will be those aged 40 to 70 years, of both sexes, entering the cardiac rehabilitation program at HUPE. CAD will be defined as any acute coronary syndrome, including myocardial infarction with and without ST-segment elevation, and unstable angina (all defined by characteristic histories, electrocardiographic abnormalities, and cardiac enzyme abnormalities), or obstructive CAD diagnosed via coronary angiography (defined as e 50% stenosis of any epicardial coronary artery) in patients with stable angina.
- Healthy controls: adults aged 40 to 70 years, of both sexes, without CAD evidence.

### Exclusion (5)

- diagnosis of heart failure, pulmonary disease, Chagas disease, or tuberculosis
- regular physical exercise practice (e 3 days/week for 30 min) over the past 6 months
- malnutrition (body mass index  $\text{BMI} < 18.5 \text{ kg/m}^2$ )
- smoking
- obesity (BMI e  $30 \text{ kg/m}^2$ )

## Locations (1 total)

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Rio de Janeiro State University, Rio de Janeiro, Rio de Janeiro, Brazil