

Contents

Contributors	xiii
--------------------	------

Section I: Introduction

Edited by Peter Mathes

1. From Exercise Training to Comprehensive Cardiac Rehabilitation	3
<i>Peter Mathes</i>	
2. The Evidence Base for Cardiac Rehabilitation	9
<i>Rod S. Taylor and Kate Jolly</i>	
3. Indications for Cardiac Rehabilitation	19
<i>Peter Mathes</i>	
4. Prevention Guidelines: Management of the Coronary Patient	26
<i>Guy de Backer</i>	
5. Cardiac Rehabilitation: Europe	30
<i>L. Vanhees, M. Martens, S. Beloka, A. Stevens, A. Avram, and Dan Gaita</i>	
6. Cardiac Rehabilitation: United States	34
<i>Nanette K. Wenger</i>	
7. Cardiac Rehabilitation: Canada	37
<i>Terence Kavanagh</i>	
8. Cardiac Rehabilitation: Australia	41
<i>Michael V. Jelinek and Stephen J. Bunker</i>	
9. Cardiac Rehabilitation: South Africa	44
<i>Wayne E. Derman</i>	
10. Cardiac Rehabilitation: China	48
<i>David R. Thompson and Cheuk-Man Yu</i>	
11. New Concepts for Early Diagnosis of Coronary Artery Disease	52
<i>Sigmund Silber and Peter Mathes</i>	

Section II: Exercise Testing in Heart Disease**Edited by Helmut Gohlke**

12. The Molecular Base of Exercise	67
<i>Rainer Hambrecht</i>	
13. Exercise and Fitness	77
<i>Jonathan Myers</i>	
14. Exercise Testing in Coronary Heart Disease	88
<i>Stamatis Adamopoulos, Katerina Fountoulaki, and John T. Parissis</i>	
15. Cardiopulmonary Exercise Testing in Chronic Heart Failure	99
<i>Alain Cohen-Solal, Florence Beauvais, and Jean Yves Tabet</i>	
16. Exercise Testing in Valvular Heart Disease	110
<i>Christa Gohlke-Bärwolf</i>	

Section III: Exercise Training in Heart Disease**Edited by Helmut Gohlke**

17. Exercise Training in Coronary Heart Disease	125
<i>Helmut Gohlke</i>	
18. Exercise Training in Diabetes Mellitus: An Efficient but Underused Therapeutic Option in the Prevention and Treatment of Coronary Artery Disease	138
<i>Josef Niebauer</i>	
19. Exercise Training in Heart Failure	142
<i>Stephen Gielen, Josef Niebauer, and Rainer Hambrecht</i>	
20. Exercise Training in Valvular Heart Disease	156
<i>Christa Gohlke-Bärwolf</i>	
21. The Role of Sports in Preventive Cardiology	163
<i>Hans H. Bjørnstad, Tor H. Bjørnstad, and Yngvar Ommundsen</i>	
22. Advising Patients with Cardiac Disease and after Cardiac Interventions about Sports Activities	170
<i>Hans H. Bjørnstad, Asle Hirth, Saeid Nadirpour, and Britt Undheim</i>	

Section IV: Nutrition**Edited by Catherine Monpère**

23. Secondary Prevention of Coronary Heart Disease: Impact of Nutrition on the Risk of Fatal Complications and Importance of the Concept of Omega-3 Deficiency	181
<i>Michel de Lorgeril and Patricia Salen</i>	
24. Nutrition Counseling for Diabetic Patients	194
<i>Bénédicte Vergès-Patois and Bruno Vergès</i>	
25. Nutritional Counseling for Overweight Patients and Patients with Metabolic Syndrome	201
<i>André J. Scheen and Nicolas Paquot</i>	

26. Nutritional Counseling: Practical Models 212
Catherine Monpère

Section V: Tobacco Addiction
Edited by Irene Hellemans

27. The Burden of Smoking on Cardiovascular Disease 227
Ulrich Keil
28. The Role of Tobacco Dependence and Addiction 235
Trudi P.G. Tromp-Beelen
29. Treatment of Tobacco Dependency 239
Trudi P.G. Tromp-Beelen and Irene Hellemans

Section VI: Psychological and Behavioral Support
Edited by Hannah McGee

30. Psychosocial Aspects in Prevention and Rehabilitation 249
Annika Rosengren
31. Health-Related Quality of Life in Cardiac Patients 256
Hannah McGee
32. Depression Following Myocardial Infarction: Prevalence, Clinical Consequences, and Patient Management 269
Deirdre A. Lane and Douglas Carroll
33. Educating Cardiac Patients and Relatives 279
Gunilla Burell
34. Stress Management 286
Paul Bennett
35. Adherence to Health Recommendations 293
David Hevey

Section VII: Social and Caring Support
Edited by Philippe Sellier

36. Prevention Programs: The Role of the Nurse 305
Alison Cahill
37. Heart Failure Rehabilitation: The Role of the Nurse 311
Anna Strömberg
38. Returning to Work after Myocardial Infarction 317
Joep Perk
39. Return to Work after Coronary Interventions 324
Philippe Sellier
40. Sexual Counseling of the Cardiac Patient 330
Tiny Jaarsma and Elaine E. Steinke

41. Cognitive Behavioral Rehabilitation for Angina	338
<i>Robert J. Lewin</i>	
42. National Heart Foundations, European Heart Network	342
<i>Susanne Løgstrup, Ulla-Riitta Penttilä, Silvia Aepli, and Therese Junker</i>	
43. Long-Term Maintenance Programs	347
<i>Miguel F. Mendes</i>	
44. New Models of Care and Support	352
<i>Jill F. Pattenden and Robert J. Lewin</i>	

Section VIII: Adapted Programs for Special Groups

Edited by Hugo Saner

45. Cardiac Rehabilitation in Congenital Heart Disease	361
<i>Birna Bjarnason-Wehrens, Sigrid Dordel, Narayanswami Sreeram, and K. Brockmeier</i>	
46. Gender Issues in Rehabilitation	376
<i>Karin Schenck-Gustafsson and Agneta Andersson</i>	
47. Rehabilitation in Elderly Patients	383
<i>Hugo Saner</i>	
48. Cardiac Rehabilitation in Chronic Heart Failure	393
<i>Ugo Corrà</i>	
49. Rehabilitation after Cardiac Transplantation	407
<i>Carsten B. Cordes</i>	
50. Rehabilitation in Patients with Implantable Devices	416
<i>L. Vanhees, S. Beloka, M. Martens, and A. Stevens</i>	
51. Rehabilitation in Peripheral Vascular Disease	422
<i>Jean-Paul Schmid</i>	
52. Cardiac Rehabilitation and Wellness in the Corporate Setting	428
<i>L. Dorian Dugmore</i>	

Section IX: Pharmacotherapy, Organization, Evaluation

Edited by Joep Perk

53. Pharmacotherapy in Prevention and Rehabilitation	439
<i>Dan Atar and Serena Tonstad</i>	
54. Rehabilitation Modalities	454
<i>Pantaleo Giannuzzi</i>	
55. Developing Cardiac Rehabilitation Services: From Policy Development to Staff Training Programs	460
<i>John H. Horgan</i>	
56. Safety Aspects of Cardiac Rehabilitation	465
<i>Bo Hedbäck</i>	

Contents

xi

57. Communication: Automatic Referral to Phase II Cardiac Rehabilitation	469
<i>P.J. Senden</i>	
58. Future Developments in Preventive Cardiology: The EUROACTION Project	476
<i>David A. Wood</i>	
59. Outcome Measurement and Audit	489
<i>Joep Perk</i>	
60. Economic Evaluation of Cardiac Rehabilitation	494
<i>N.B. Oldridge</i>	
Index	503