



**Contact:**

Chip Faircloth, EVP

[Chip@myintervent.com](mailto:Chip@myintervent.com)

**INTERVENT CEO and Staff Announce Publication in the  
*Journal of Cardiopulmonary Rehabilitation and Prevention***

**SAVANNAH, GA (November 21, 2016)** – Dr. Neil Gordon, medical director and chief executive officer, and staff of INTERVENT International announce the online publication of a peer-reviewed scientific manuscript in the *Journal of Cardiopulmonary Rehabilitation and Prevention (JCRP)*. The manuscript will appear in print in a future issue of *JCRP*, the official journal of the American Association of Cardiovascular and Pulmonary Rehabilitation and the Canadian Association of Cardiac Rehabilitation. Co-authors include researchers from: INTERVENT International, Savannah, GA; Division of Cardiology, Department of Medicine, Emory University School of Medicine, Atlanta, GA; Cardiology and Interventional Vascular Associates, Dallas, TX; Division of Cardiovascular Medicine, University of Michigan, Ann Arbor, MI; and Department of Cardiovascular Medicine, William Beaumont Hospital, Royal Oak, MI.

The article, “Multicenter Study of Temporal Trends in the Achievement of Atherosclerotic Cardiovascular Disease Risk Factor Goals during Cardiac Rehabilitation,” evaluated the status of risk factor goal achievement, including those for ideal cardiovascular health, during participation in a phase 2 cardiac rehabilitation program and temporal trends in risk factor control between 2000 and 2009. Subjects included patients who completed assessments on entry into and exit from cardiac rehabilitation at 35 centers between 2000 and 2009. Patients were categorized into 3 cohorts: entire (N = 12,984), 2000 – 2004 (n = 5,468) and 2005 – 2009 (n = 7,516) cohorts.

Findings showed improvements in multiple risk factors during cardiac rehabilitation. For the entire cohort, the percentages of patients at goal at cardiac rehabilitation completion ranged from 95.5% for smoking to 21.9% for body mass index (BMI) of <25.0 kg/m<sup>2</sup>. Compared with 2000 – 2004, the percentage of the 2005 – 2009 cohort at goal was higher ( $P < .001$ ) for blood pressure, low-density lipoprotein cholesterol, and physical activity, lower ( $P = .005$ ) for BMI, and not significantly different ( $P > .05$ ) for fasting glucose and smoking. At cardiac rehabilitation completion, of those in the entire, 2000 – 2004 and 2005 – 2009 cohorts, 4.4%, 3.9% and 4.8% ( $P = .219$  vs 2000 – 2004), respectively, had all biomarkers at the goal for ideal cardiovascular health and, of those

with atherosclerotic cardiovascular disease, 70.8%, 71.5% and 70.3% ( $P = .165$  vs 2000 – 2004), respectively, were receiving statins.

In conclusion, the percentage of patients at goal at cardiac rehabilitation completion increased for some, but not all, risk factors during 2005 – 2009 versus 2000 – 2004. Despite the benefits of cardiac rehabilitation, risk factor profiles are often suboptimal after cardiac rehabilitation. This study clearly demonstrates that there remains room for improvement in risk factor management during cardiac rehabilitation and the need for ongoing surveillance and aggressive intervention aimed at continued cardiovascular disease risk reduction in most patients after cardiac rehabilitation.

Dr. Gordon, INTERVENT's medical director and CEO says: "Cardiac rehab is a well-accepted standard of care for cardiac patients. Our study confirms the immense benefit of cardiac rehab in terms of improvements in multiple cardiovascular disease risk factors. However, as stated in the article, achieving all risk factor goals, especially during a 12-week or so cardiac rehabilitation intervention, may be unrealistic. That's one of the reasons why we and other experts believe that evidence-based telephonic health coaching programs are so important - - they are an ideal way to provide ongoing support for achieving and maintaining cardiovascular risk factor goals for patients after cardiac rehabilitation."

Source: Gordon NF, Salmon RD, Sperling LS, Wright BS, Faircloth GC, Gordon TL, Berk MR, Rubenfire M, Franklin BA. Multicenter study of temporal trends in the achievement of atherosclerotic cardiovascular disease risk factor goals during cardiac rehabilitation. *Journal of Cardiopulmonary Rehabilitation and Prevention* (first published on October 28, 2016). For more information, go to: [www.jcrjournal.com](http://www.jcrjournal.com)

### **About INTERVENT**

**INTERVENT International** is a global company that develops, licenses and provides evidence-based programs for the prevention and management of cardiovascular and other chronic diseases. The primary purpose of INTERVENT's programs is to improve individual and population-based measures of health while simultaneously reducing healthcare costs and enhancing productivity. The programs provide unique solutions for employers, health insurers, healthcare systems, physicians, individual consumers and others. INTERVENT's programs have been successfully used to serve numerous clients on multiple continents and in a variety of languages via telephone call centers and the Internet. INTERVENT's telephonic lifestyle health coaching program is provided in collaboration with the prestigious American College of Cardiology. For more information, visit [www.interventhealth.com](http://www.interventhealth.com) or email [info@myintervent.com](mailto:info@myintervent.com).