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PHYSICAL ACTIVITY AS AN IMPORTANT FACTOR FOR THE REDUCTION OF LIPID RISK FACTORS AT THE SECONDARY PREVENTION OF CORONARY HEART DISEASE IN MEN

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In people with normal or moderately elevated levels of cholesterol and triglycerides, a decrease in their values leads to positive health effects, and even at low levels of LDL-C, HDL-C levels represent an important predictor of coronary heart disease.

The aim of our study was to evaluate the changes in lipoprotein parameters and the reduction of cardiovascular risk in normolipidemic patients with myocardial infarction, under the influence of physical training.

The research included 38 normolipidemic men with coronary artery disease. The average age of the patients was 58.01 ± 5.31 years. All the subjects had elevated blood pressure, 93.38 % had a positive family history and 65.31 % of them were tobacco consumers. All patients were prescribed physical activity according to the recommendations of the EAS and the ACC/AHA and the diet by NCEP ATP III recommendations.

After the six months of implementation of physical activity in patients with normal values of lipids and myocardial stroke, the non-significant reduction in triglycerides of 9.81 %, VLDL-C of 9.91 %, LDL-C of 6.21 % and total cholesterol of 24.2 %, was recorded. Non-HDL-C was significantly reduced by 7.56 % ($p < 0.004$). There was a significant increase in protective HDL-C by 17.27 % ($pc < 0.003$); reduction in LDL-C/HDL-C relation of 20.81 % ($pc < 0.003$), the decrease of Hol/HDL-C by 17.34 % ($p < 0.002$) and a significant shift from the very high and high risk for new coronary incident to the moderate risk, by using coronary risk tables ($p < 0.05$).

Physical activity leads to a reduction of lipid risk factors and atherogenic index in males at the secondary prevention of coronary heart disease. The initial lipid screening indicates the presence of dyslipidemia in the majority of patients who were considered normolipidemic, so the lipid screening is recommended in all patients at the secondary prevention of coronary heart disease.

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