How to demonstrate the Impact of Cardiac Rehabilitation on Cardio-renal Protection

Key words: creatinine, heart failure, cardiopulmonary exercise

To the Editor I have read with great interest the article of Kitajima and colleagues, who investigated the impact of long-term cardiac rehabilitation on cardio-renal protection in elderly patients with cardiovascular diseases (1). I have two concerns that would likely improve the implications of their findings.

First, despite their statement on “long-term cardiac rehabilitation”, few patients (6/44 [14%]) completed 5 years of follow-up. A five-year complete cohort set with appropriate statistical comparisons would strengthen the implications of their findings. A repeat analysis of variance among those who completed 5 years of follow-up would be appropriate for a trend analysis.

Second, to strengthen their finding that cardiac rehabilitation maintained the cardio-renal function, any efforts to prepare a control group are suggested. Patients with a similar background may have comparable outcomes, irrespective of cardiac rehabilitation. A randomized control trial would be ideal, and a background-matched cohort without cardiac rehabilitation or a pre-cardiac rehabilitation cohort (i.e., pre vs. post comparison) would be an alternative control group.

The author states that he has no Conflict of Interest (COI).

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Reference


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