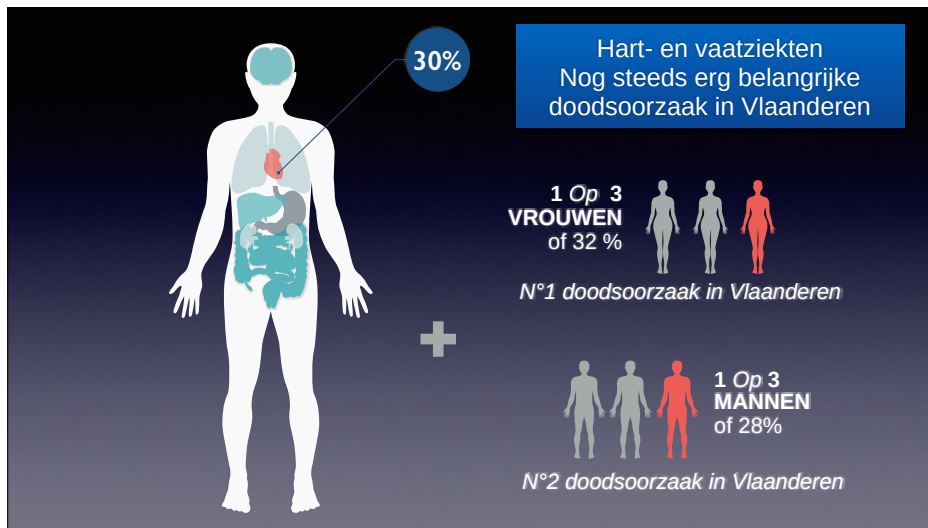




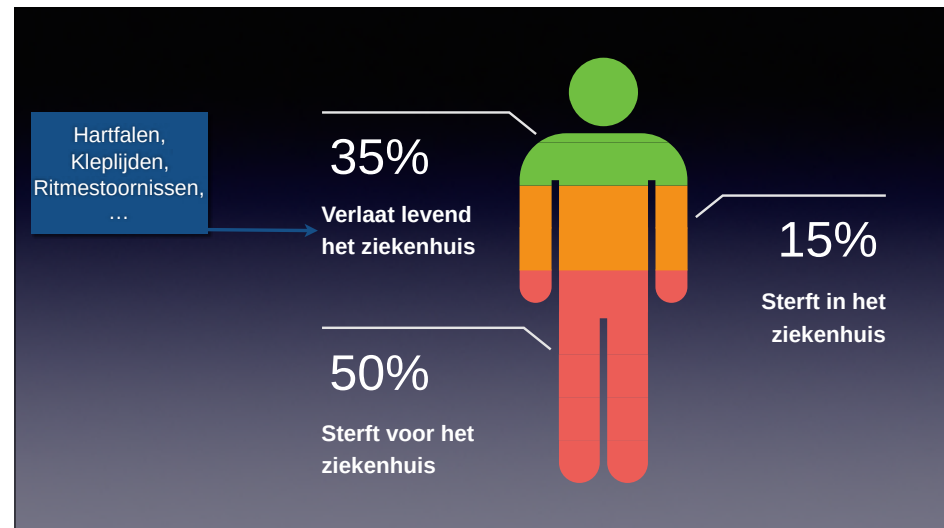
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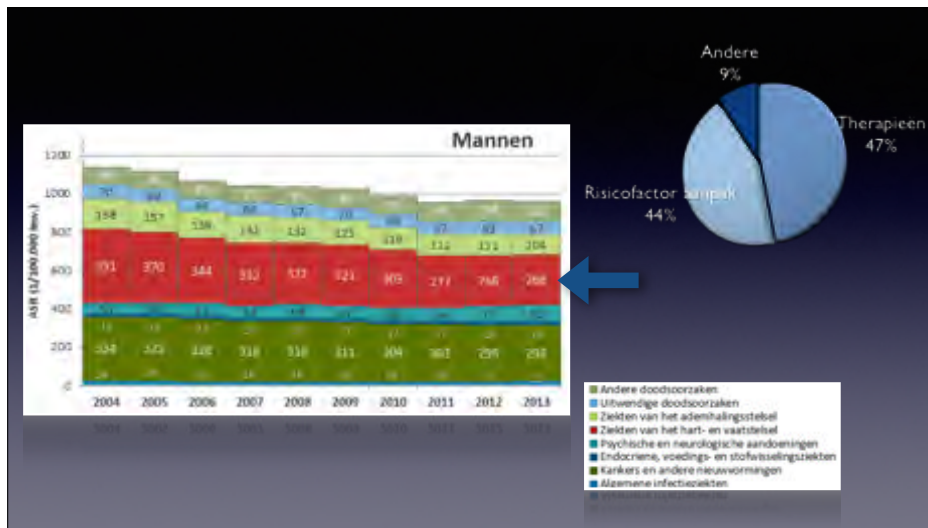
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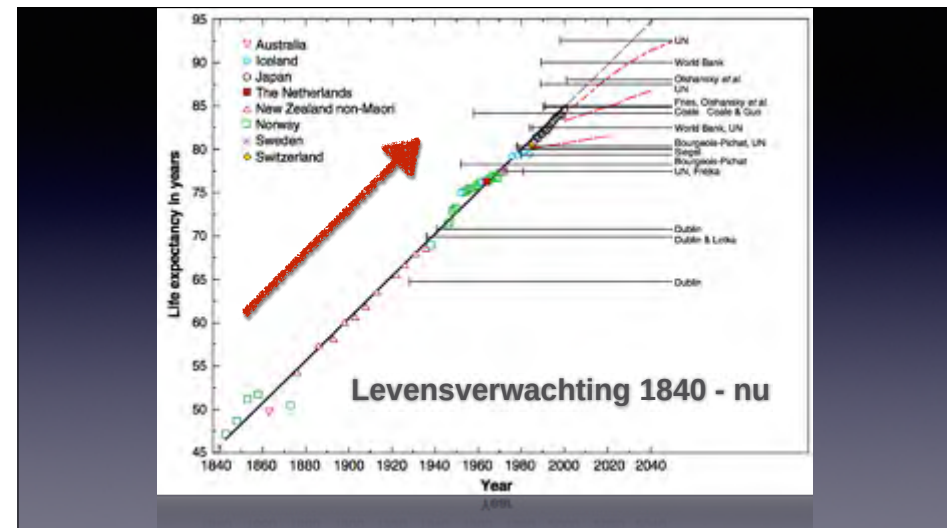
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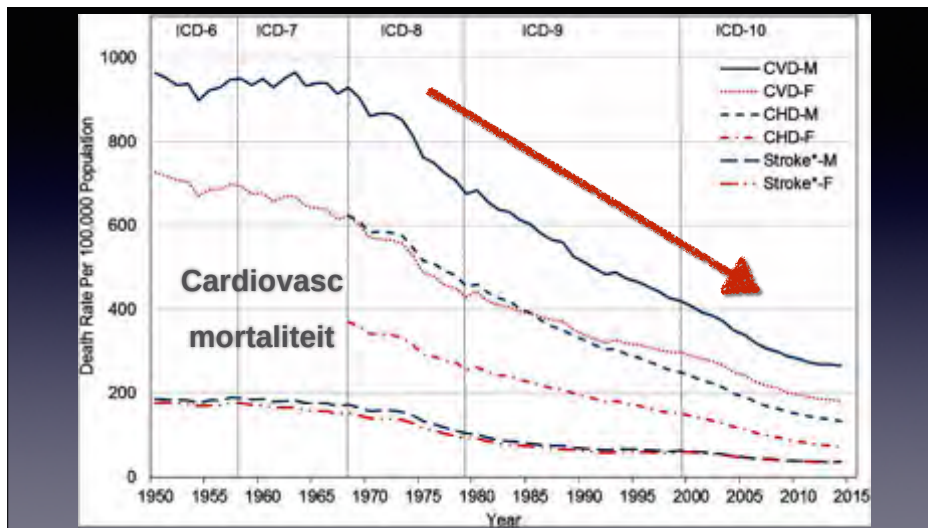
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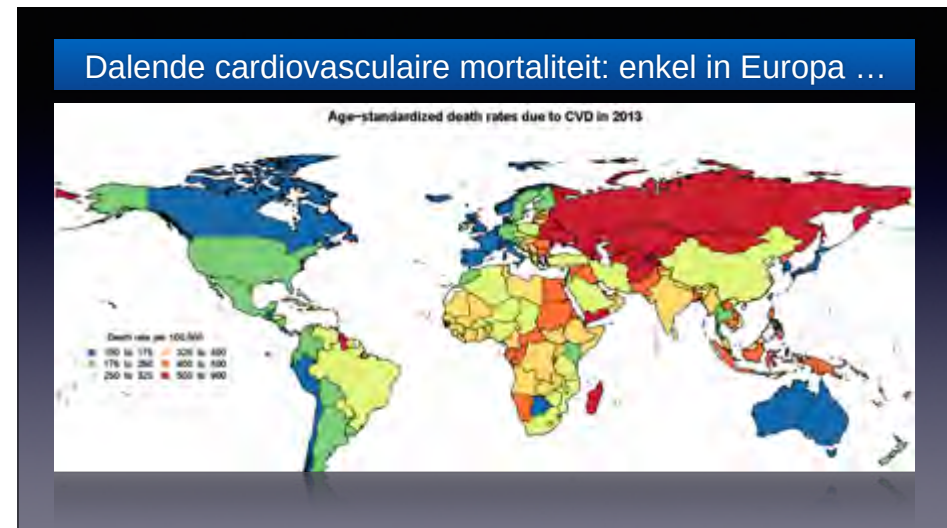
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6

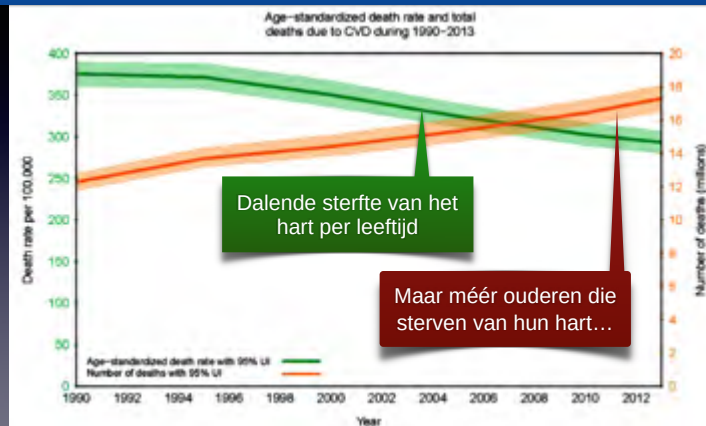


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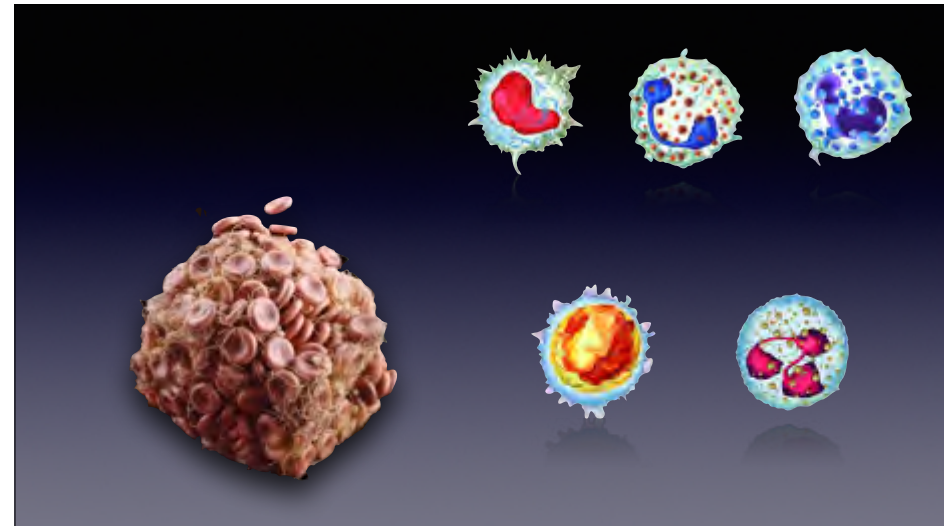


8

Maar méér cardiovasculaire mortaliteit: we worden ouder....



9



10



Zuinig motorke hypothese

Schrok hypothese

Zetelpetate hypothese

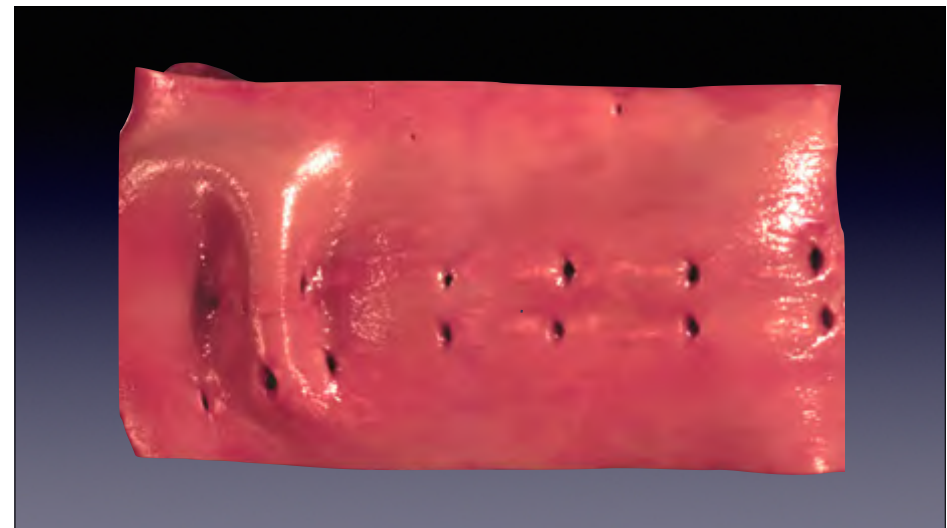
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12



13



14



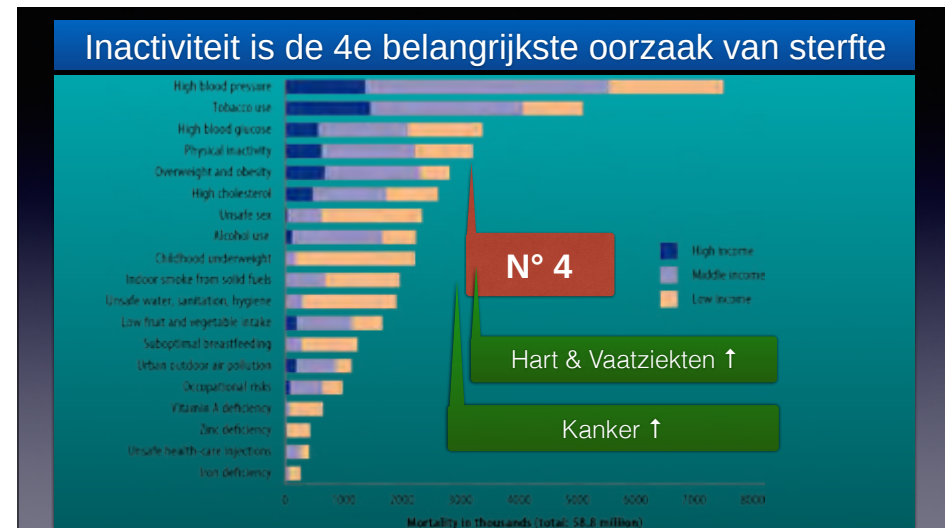
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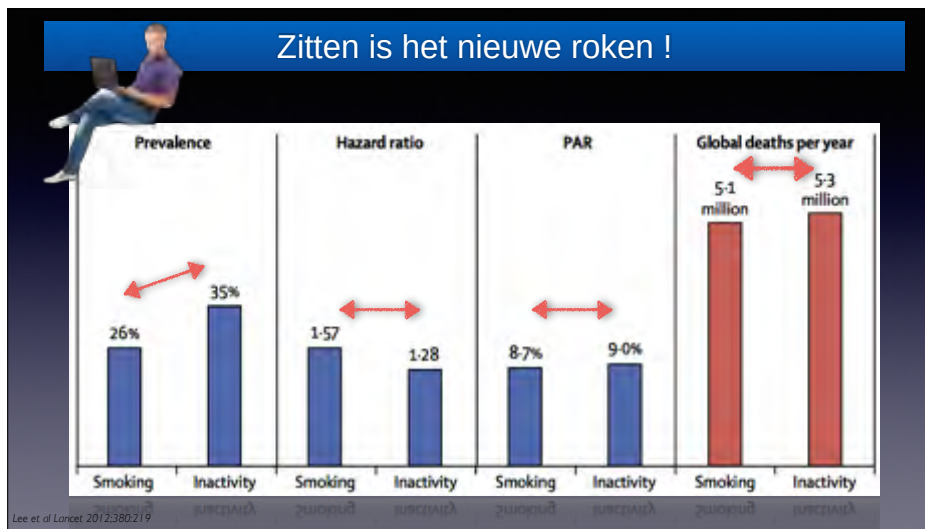
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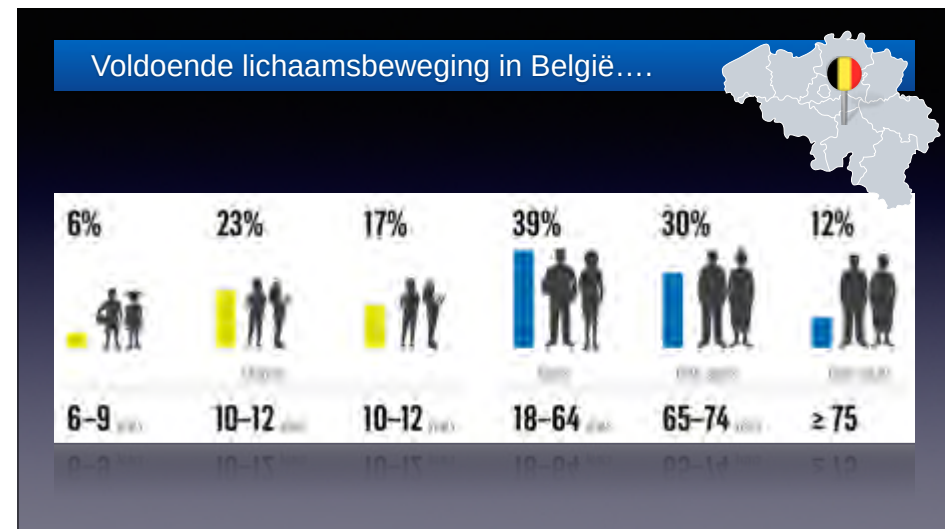
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18



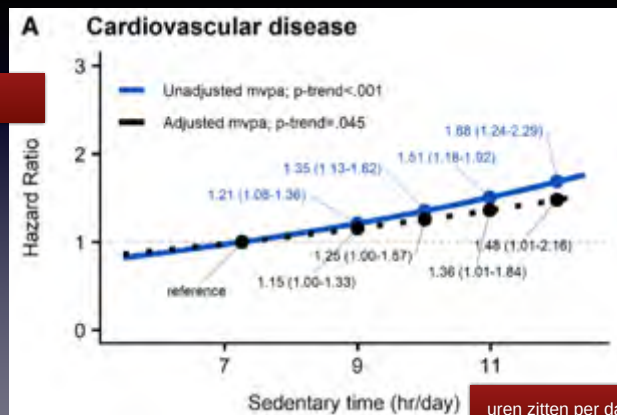
19



20

Hoe meer zitten als dame op leeftijd, hoe rapper een hartprobleem

Risico ↑↑



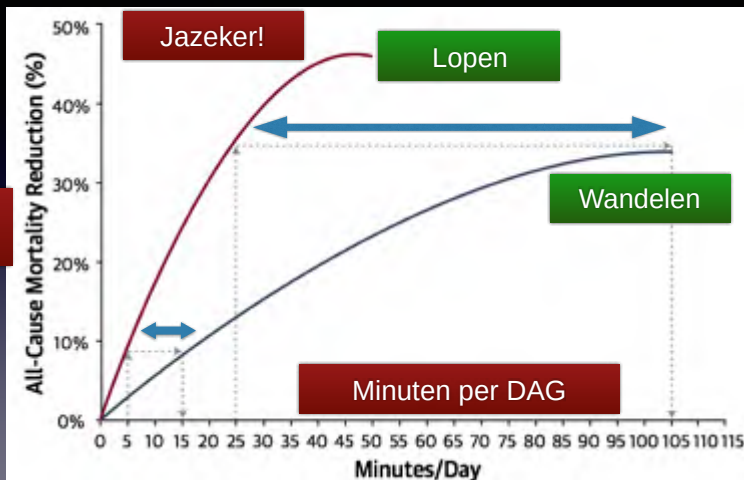
uren zitten per dag ↑↑

21



22

Daling in sterfte

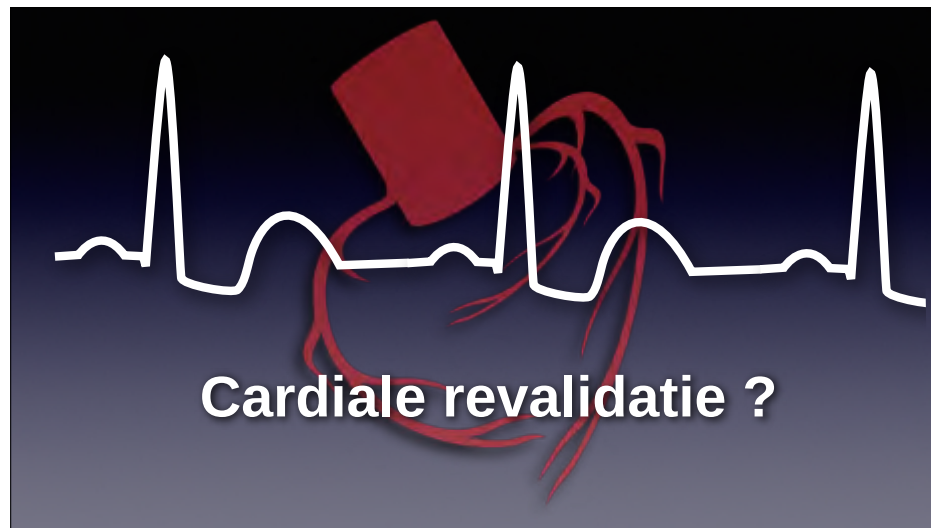


23

Sport : toename in levensverwachting voor 45j man



24



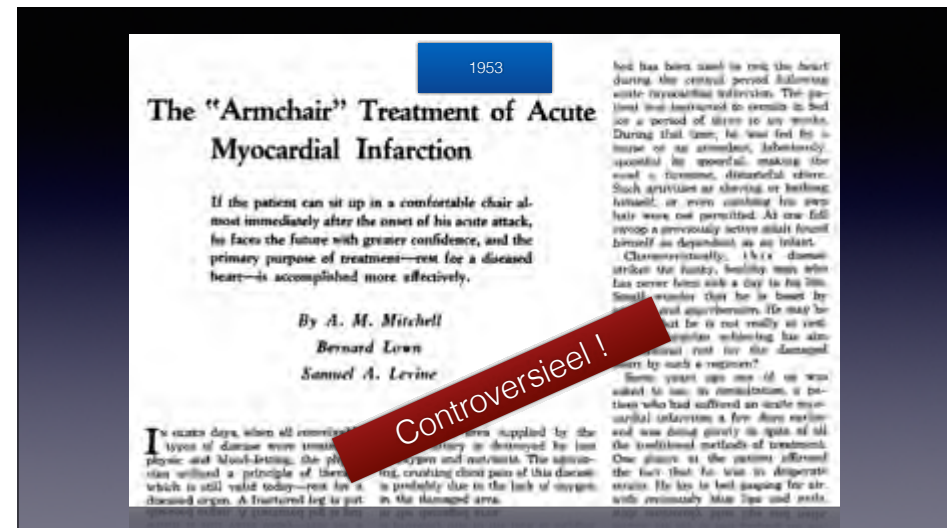
25



26



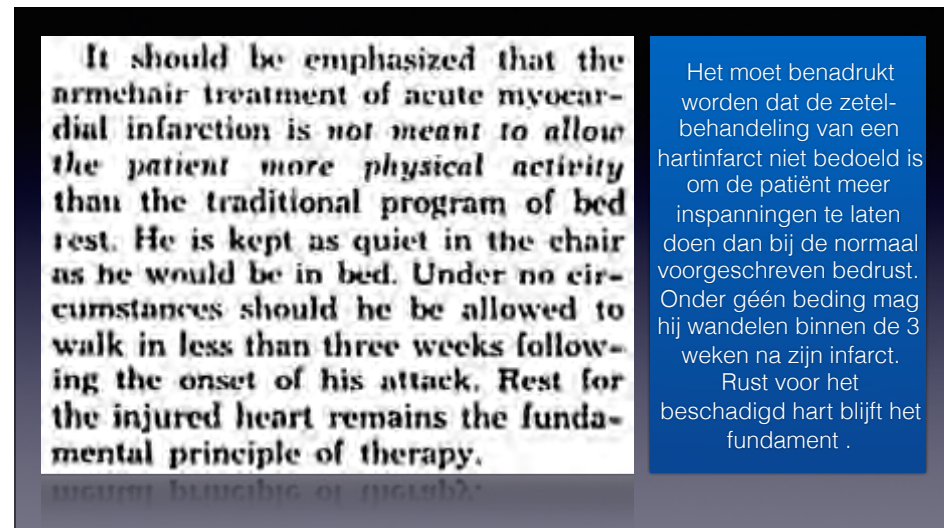
27



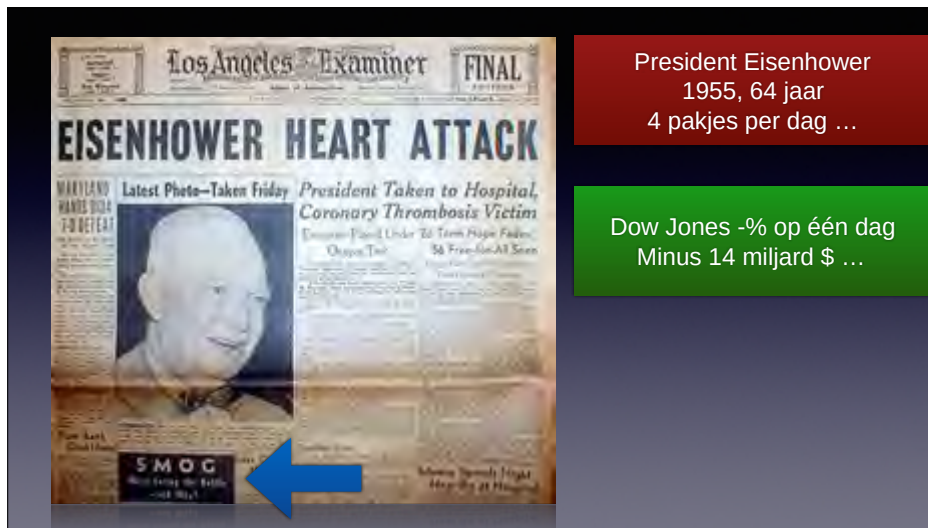
28



29



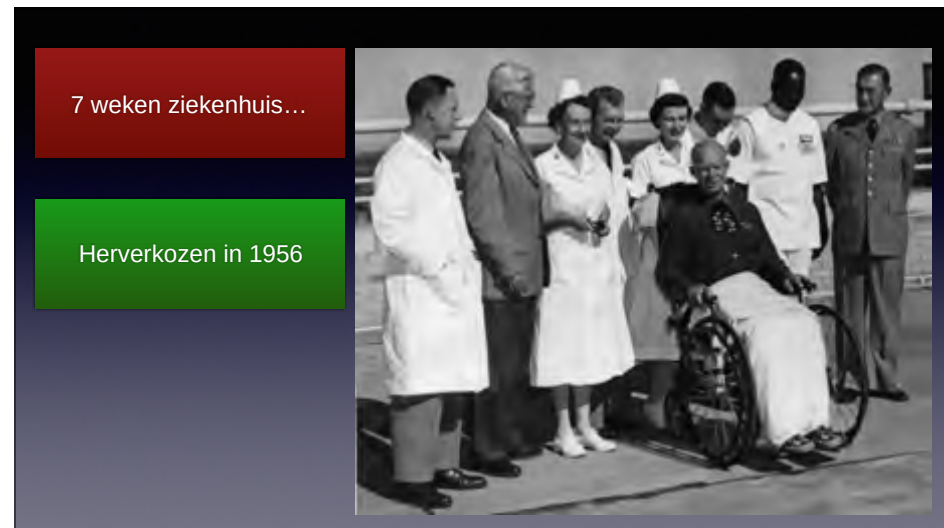
30



President Eisenhower
1955, 64 jaar
4 pakjes per dag ...

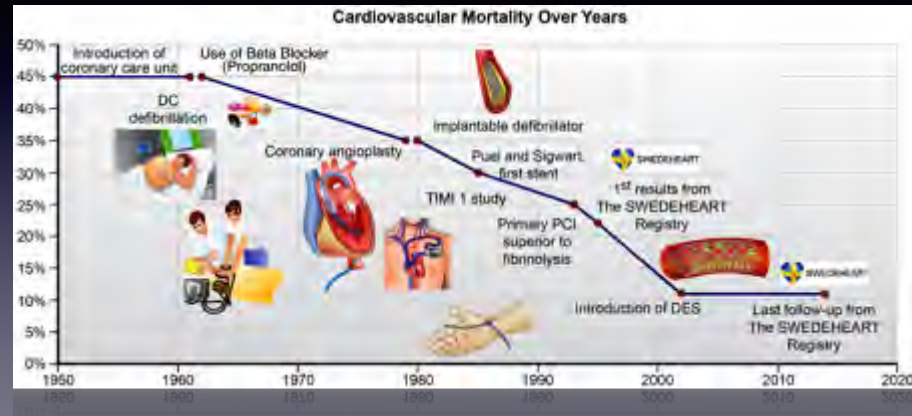
Dow Jones -% op één dag
Minus 14 miljard \$...

31



32

Wat Ike allemaal niet kreeg...



33

1940-ies: Work Classification Clinics (foto 1960)



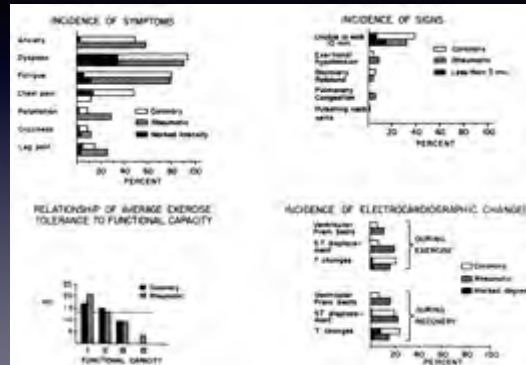
Work Classification Clinic of the Cleveland Area Heart Society. Seated at the table (L-R) are Dr. Herman K. Hellerstein, Director of the Clinic; Mrs. Patricia Britten, R.N., Program Chairman, Northeastern Ohio Branch, AHA; members of Dr. Hellerstein's staff; and members of NEOB who attended the Heart Evaluation Session.

Dr. Herman K. Hellerstein, Director of the Clinic, invited the nurses to sit in on his staff conference while an evaluation of a patient was made. The evaluation includes a report of a complete physical examination of the patient presented by a cardiologist; a discussion of the patient's family, financial and emotional problems by a medical social worker and a psychiatrist; and a report of the patient's skills, experience and job preferences given by a vocational counselor. After the evaluation discussion, the staff members confer to make recommendations on the patient's capabilities to the referring physician. Present at all evaluation sessions is a representative from the Bureau of Vocational Rehabilitation.

34

Rehabilitation of the Cardiac Patient

By LOUIS N. KAYS, M.D., ROBERT A. BRUCE, M.D., NORMAN PLUMMER, M.D., AND HERMAN K. HELLERSTEIN, M.D.



In the "pleated balloon" test, which measures vital lung capacity, patient raises top panel as high as possible. This is part of the Cleveland Area Heart Society's cardiac work classification clinic procedure to help measure the patient's work capacity.

35

1950-ies



Physician watches the "master two-step exercise test" in the New York Heart Association's work classification unit. Patient climbs the steps, turns around, and goes down 20 times while "hooked up" to the electrocardiograph. Immediately after the exercise he lies down and receives an electrocardiograph examination.



36

EXERCISE THERAPY IN CORONARY DISEASE*

HERMAN K. HELLERSTEIN

Associate Professor of Medicine
Western Reserve University School of Medicine
Associate Physician
University Hospitals of Cleveland
Cleveland, Ohio

1968

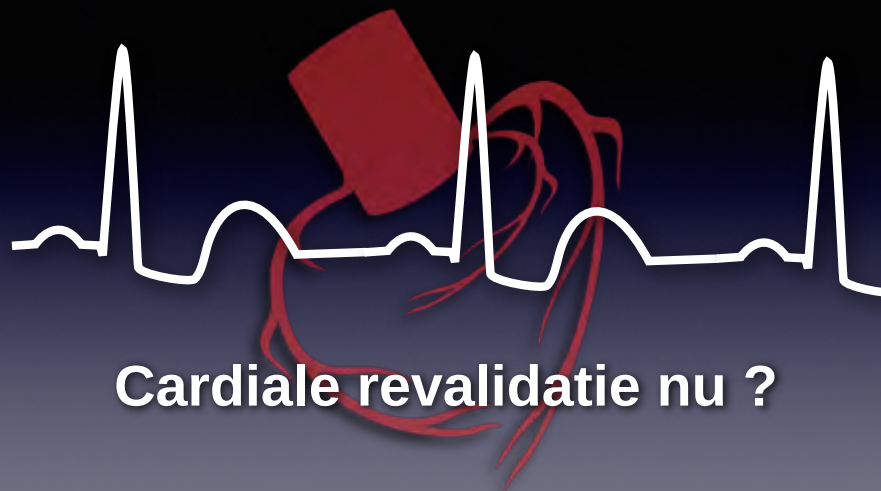
For the past few decades, work physiologists, physical educators, and human ecologists have emphasized that modern American life is hypokinetic and excessively sedentary, and that it contributes to the development of certain degenerative diseases. Man today tends to eat too much, smoke too much, and do too little physically. Such habits are probably dangerous because there appears to be a significant relation between such habits and the premature development of coronary heart disease.

37



1970

38



Cardiale revalidatie nu ?

39

Cardiale revalidatie volgens de WGO

De som van activiteiten die nodig zijn om de onderliggende oorzaken van hart- en vaatziekten gunstig te beïnvloeden zodat mensen op eigen kracht hun plaats in de maatschappij kunnen behouden of hernemen

Dit moet geïntegreerd worden in 'secondaire preventie' maatregelen.

Simpeler : een progressief programma om de gezondheid van hartpatiënten te herstellen en onderhouden terwijl ondertussen het risico op herval wordt aangepakt

40

Cardiale revalidatie volgens de WGO

De som van activiteiten die nodig zijn om de onderliggende oorzaken van hart- en vaatziekten gunstig te beïnvloeden zodat mensen op eigen kracht hun plaats in de maatschappij kunnen behouden of hernemen

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Simpeler : een progressief programma om de gezondheid van hartpatiënten te herstellen en onderhouden terwijl ondertussen het risico op herval wordt aangepakt

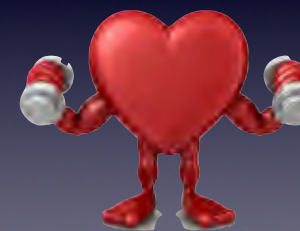
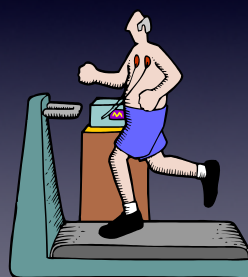
41

Cardiale revalidatie in essentie

Inspanningen

Educatie

Gedrag



42

Cardiale revalidatie bij wie ?

Hartinfarct

Overbruggingen

Stent(s)

Angina pectoris

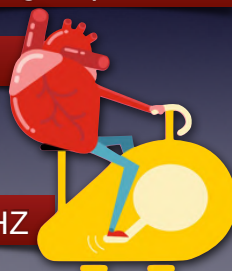
Hartfalen

Preventie

Vaatlijden

Klepoperatie

Aangeboren HZ



43

Cardiale revalidatie : wat doet 't met 'n mens?

Vermindert

Verbeterd

Mortaliteit : -11 tot 26%

Levenskwaliteit

Cardiale mortaliteit :
-26 tot 36 %

Functionele status

Ondersteunt

Heropname : -28 tot -56%

Terug naar 't werk

Uitlokkende ziekten

Zelfhulp & therapietrouw

44

Cardiale revalidatie : Kost effectief, € voor jaar bij	
Stent bij infarct	5000 - 12000 €
Stent(s)	3500 - 5000 €
Overbruggen	3000 - 4000 €
Cardiale revalidatie	1500 €
Aspirine & BBlokker	<1000 €

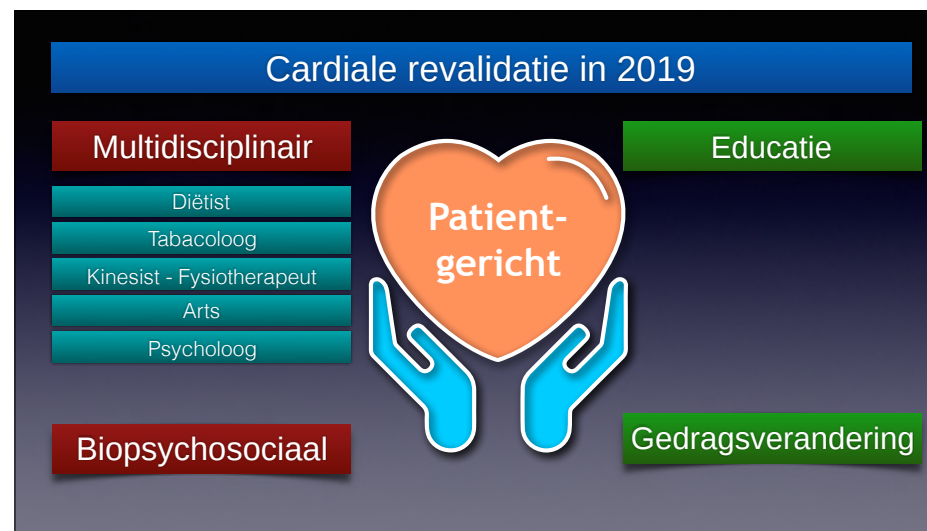
45



46



47

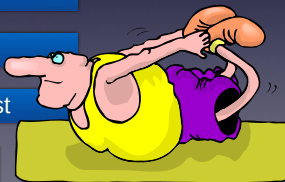


48

Multidisciplinair ?

Rijden	Groep 1 vs groep 2
Werk(hervatting)	Vol- vs deeltijds
Erectiele dysfunctie	Bblokker keuze
Slaap apneu	Ambulante testen
Reizen	Himalaya vs De Kust

Twee weken vakantie: fitheid om zeep...



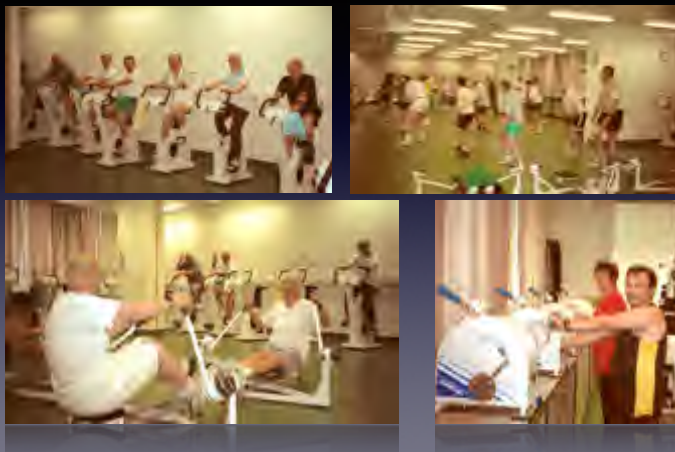
49

Cardiale revalidatie stopt nooit



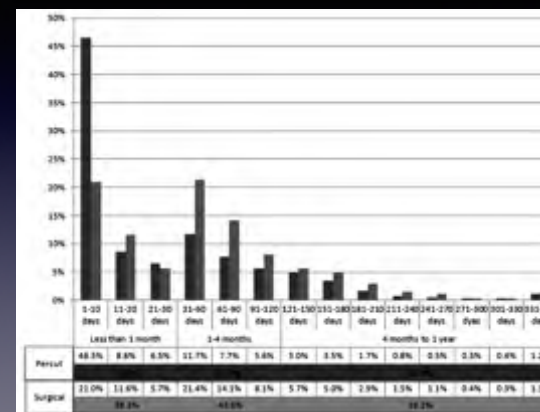
50

Beter in groep !



51

Cardiale revalidatie in België (2010)



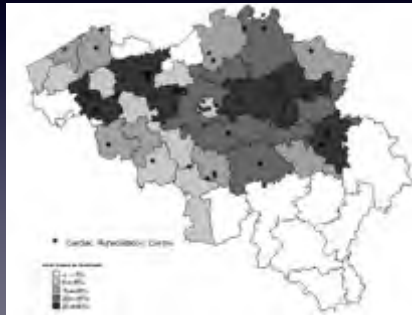
Kost na stent 756€
(191€ zelf)

Kost na heerkunde 1167€
(290€ zelf)

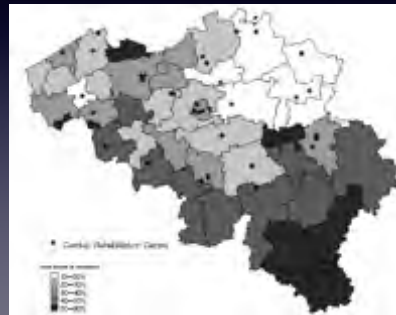
52

Cardiale revalidatie in België (2010)

CRV na hartchirurgie



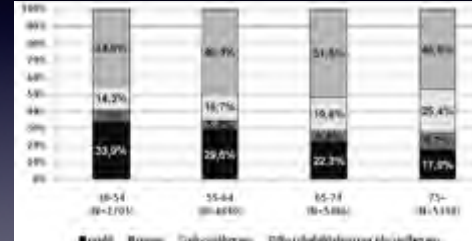
Geén CRV na hartchirurgie



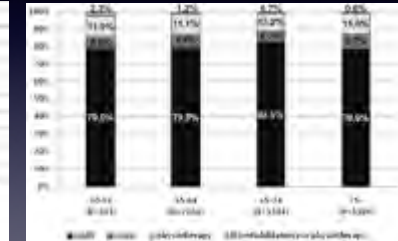
53

Cardiale revalidatie in België (2010)

CRV na stent/infarct

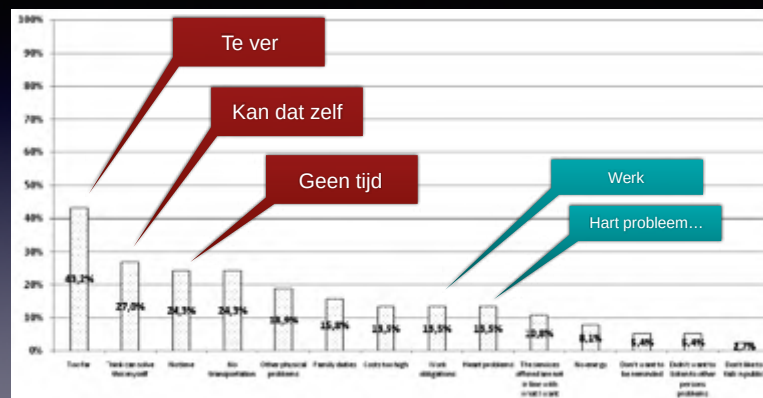


CRV na hartchirurgie



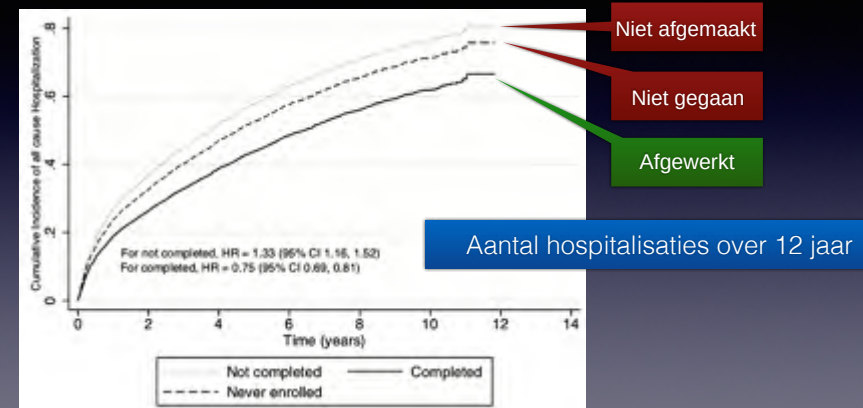
54

Waarom gaan Belgen niet naar de revalidatie

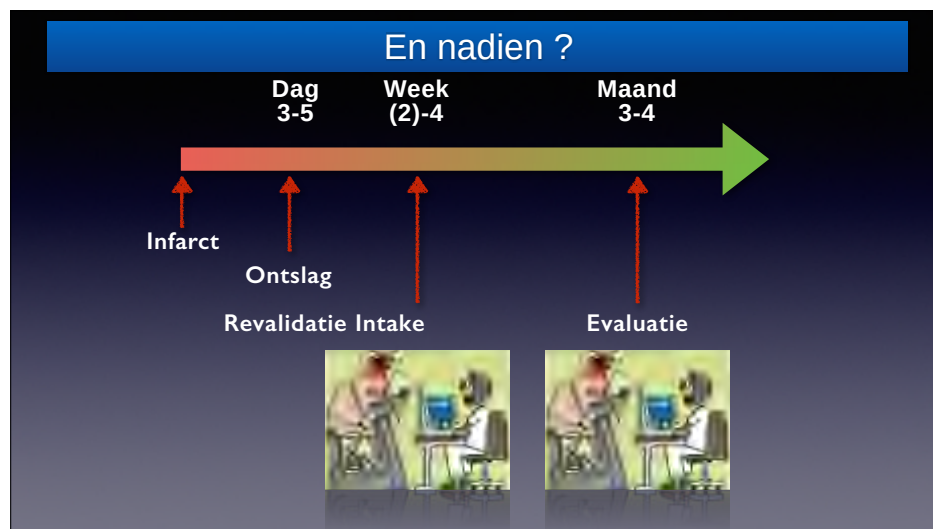


55

Belangrijk om naar CRV te gaan én af te werken



56



57

Tijdstippen

Rookstatus
BD target
LDL target
BMI target
Conditie
Depressie

58

CRV infosessies

Acht wegen naar een gelukkig leven als hartpatiënt ...

1. Levensstijl
2. Levensstijl
3. Levensstijl
4. Levensstijl
5. Levensstijl
6. Levensstijl
7. Levensstijl
8. Levensstijl

59



60