Abstract: This project researches strategies that reduce cardiovascular disease (CVD) risk factors in women with SCI, (2) to assess the relationships between CVD risk factors and "observable" CVD in this group, (3) to assess the associations of CVD risk factors and observable CVD with quality of life and with participation in community activities among women with SCI, (4) to evaluate standard interventions for lipid abnormalities and CVD in women with SCI, and (5) to assess the impact lipid and CVD interventions have on the quality of life and community activity participation of women with SCI.

Find out more at: www.agingwithsci.org/research.htm

Pharmacological Management of Dyslipidemia and Cardiovascular Disease in Persons with Chronic Cervical SCI: A Multicenter Collaborative Trial, University of Miami (H133A011115) led by Mark S. Nash, PhD. Theresa San Agustin, MD, Project Officer.

Abstract: This project researches strategies that reduce cardiovascular disease risks after onset of tetraplegia by increasing high-density lipoprotein cholesterol (HDL-C) levels. The research examines the ability of a pharmaceutical therapy to improve the lipid profiles and forestall cardiovascular disease progression in persons with tetraplegia. Previous research on persons without SCI has shown extended-release niacin effective for elevating HDL-C, lowering total cholesterol, lowering low-density lipoprotein cholesterol (LDL-C), lowering triglycerides, slowing cardiovascular disease progression, and reducing cardiovascular morbidity and mortality. The ability of this drug to improve lipid profiles has never been examined in persons with tetraplegia, although drug benefits similar to those reported in persons without SCI would be of great health benefit to those with tetraplegia.

Find out more at: www.miamiproject.miami.edu/
Selections from REHABDATA


Abstract: Study evaluates the effects of optimism, depression, and neuroticism on adherence and outcomes among patients in cardiac rehabilitation. Participants included 46 patients with coronary heart disease (CHD) who completed measures of psychological functioning, physical functioning and CHD knowledge during the first and last week of a 12-week CR program. Results indicate that depression appears to have a significant influence on adherence and improvement, but optimism and neuroticism were not predictors of outcomes.


Abstract: This study examines the effects of a semi-supervised home-based exercise program for patients with previous myocardial infarction. A stepping device with a hydraulic system, along with a computer-based telemetry monitoring system, was provided to ten patients for the exercise sessions. The telemetry system consisted of peripheral devices and a central computer. Patient data were sent to the central computer through the telephone line once a day. After reviewing the data, physician's instructions to the patient were displayed on the peripheral computer. Results indicate that this home-based system is an effective alternative for patients who are unable to exercise in group programs.


Abstract: Study examines the validity of the Cardiovascular Limitations and Symptoms Profile (CLASP) for measuring health-related quality of life and compares its performance with that of other valid measures. Patients were randomized into one of 3 groups: angina management, routine care, and exercise therapy. All patients were assessed with CLASP, along with the Sickness Impact Profile, the Hospital Anxiety and Depression Scale, and the Sleep Problems Questionnaire at baseline and at 10 weeks. Findings indicate that CLASP is a reliable, valid, sensitive measure of health-related quality of life.


Abstract: Study investigates whether improvements in physical function and peripheral circulation obtained after 6 months of exercise rehabilitation could be sustained over a subsequent 12-month exercise program in older adults with intermittent claudica-