

**С.Д.АСФЕНДИЯРОВ АТЫНДАҒЫ  
ҚАЗАҚ ҰЛТТЫҚ МЕДИЦИНА  
УНИВЕРСИТЕТИ**



**КАЗАХСКИЙ НАЦИОНАЛЬНЫЙ  
МЕДИЦИНСКИЙ УНИВЕРСИТЕТ ИМЕНИ  
С.Д.АСФЕНДИЯРОВА**

Кафедра: Денсаулық сақтау саясаты және басқару

Жоба тақырыбы: Төмен физикалық белсенділік  
миокард инфарктісі дамуындағы қауіп факторы.

Орындаған: Қошқұл А.  
Топ: ЖМ13-003-01қ  
Тексерген: Игисинова А.

## МӘСЕЛЕ:

Науқас А. 34 жаста, әйел адам. Жүрек тұсында шаншып ауруына шағым айтып келді. ЭКГ тексерілуінде аздаған патологиялық өзгеріс байқалды.

Анамнезі: зиянды әдеттерден аулақ, ішімдік, темекі қолданбайды, бірақ жұмысына байланысты өмір салтында төмен физикалық белсенділік анықталды. Дәрігер ем гимнастикасын және арнайы физикалық жаттығулар ұсынды.

# СҰРАҚ:

Миокард инфарктісінің дамуына қауіп факторы төмен физикалық белсенділік болып табылады ма?

Ем гимнастикасы мен арнайы физикалық жаттығулар жедел миокард инфарктісінің алдын алады ма?

# РІСО БОЙЫНША:

р

- СЖЖ бар науқас

і

- Ем гимнастикасы және арнайы физикалық жаттығулар

с

- Төмен физикалық белсенділікті және жоғарғы физикалық белсенділікті топтардың арасында СЖЖ және миокард инфарктісінің даму көрсеткіші

о

- Төмен физикалық белсенділік СЖЖ ауруларына және миокард инфарктісі дамуына қауіп қатер факторы болып табылады.

## КІЛТ СӨЗДЕР:

- Myocardial infarction and low physical activity.
- Миокард инфарктісі және төмен физикалық белсенділік.

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Windows taskbar: 21:55 13.01.2016

# КІЛТ СӨЗ БОЙЫНША ІЗДЕУ

The screenshot shows a web browser window displaying a PubMed search results page. The search query is "Myocardial infarction and low physical activity". The page shows 1 citation found by title matching the search. The citation is: "Triggering myocardial infarction by sexual activity. Low absolute risk and prevention by regular physical exertion. Determinants of Myocardial Infarction Onset Study Investigators, Muller JE et al. JAMA. (1996)". The page also displays a list of search results, including "What does age-comparative self-rated health measure? A cross-sectional study from the Northern Sweden MONICA Project" and "The Link between Fetal Programming, Inflammation, Muscular Strength, and Blood Pressure". The page includes navigation options like "Page 1 of 26" and "Next > Last >>". There are also filters for "Results by year" and "Titles with your search terms". The browser's address bar shows the URL: "www.ncbi.nlm.nih.gov/pubmed/?term=Myocardial+infarction+and+low+physical+activity". The taskbar at the bottom shows various application icons and the system clock indicating 21:58 on 13.01.2016.

Myocardial infarction and | x +

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See 1 citation found by title matching your search:  
Triggering myocardial infarction by sexual activity. Low absolute risk and prevention by regular physical exertion. Determinants of Myocardial Infarction Onset Study Investigators, Muller JE et al. JAMA. (1996)

**Search results**

Items: 1 to 20 of 516 << First < Prev Page 1 of 26 Next > Last >>

What does age-comparative self-rated health measure? A cross-sectional study from the Northern Sweden MONICA Project.  
1. Waller G, Janlert U, Hamberg K, Forssén A.  
Scand J Public Health. 2015 Dec 7. pii: 1403494815618554. [Epub ahead of print]  
PMID: 26644159  
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The Link between Fetal Programming, Inflammation, Muscular Strength, and Blood Pressure.  
2. Lopez-Lopez J, Lopez-Jaramillo P, Camacho PA, Gomez-Arbelaiz D, Cohen DD.  
Mediators Inflamm. 2015;2015:710613. doi: 10.1155/2015/710613. Epub 2015 Sep 27. Review.  
PMID: 26491235 **Free PMC Article**  
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Association of Cardiorespiratory Fitness With Coronary Heart Disease in Asymptomatic Men.  
3. Gander JC, Sui X, Hébert JR, Hazlett LJ, Cai B, Lavie CJ, Blair SN.  
Mayo Clin Proc. 2015 Oct;90(10):1372-9. doi: 10.1016/j.mayocp.2015.07.017.  
PMID: 26434963  
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Triggering myocardial infarction by sexual activity. Low absolute risk and pre [JAMA. 1996]  
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**Search details**

Ожидание www.ncbi.nlm.nih.gov... used Text Messaging on Risk Factor Modification in Patients With Coronary

21:58  
13.01.2016

# LIMITS БОЙЫНША ІРІКТЕУ

The screenshot shows a web browser window with the URL [www.ncbi.nlm.nih.gov/pubmed/](http://www.ncbi.nlm.nih.gov/pubmed/). The search query is "Myocardial infarction and low physical activity". The page displays search results with various filters and options.

**Search results**  
Items: 9

Filters activated: Clinical Trial, Meta-Analysis, Randomized Controlled Trial, Free full text, published in the last 5 years, Humans. [Clear all](#) to show 516 items.

- [Rationale and design of a randomized controlled trial evaluating community health worker-based interventions for the secondary prevention of acute coronary syndromes in India \(SPREAD\).](#)  
Kamath DY, Xavier D, Gupta R, Devereaux PJ, Sigamani A, Hussain T, Umesh S, Xavier F, Girish P, George N, Thomas T, Chidambaram N, Joshi R, Pais P, Yusuf S.  
Am Heart J. 2014 Nov;168(5):690-7. doi: 10.1016/j.ahj.2014.07.029. Epub 2014 Aug 10.  
PMID: 25440797 [Free PMC Article](#)  
[Similar articles](#)
- [B vitamin and/or n-3 fatty acid supplementation and health-related quality of life: ancillary findings from the SU.FOL.OM3 randomized trial.](#)  
Andreeva VA, Latarche C, Hercberg S, Briançon S, Galan P, Kesse-Guyot E.  
PLoS One. 2014 Jan 17;9(1):e84844. doi: 10.1371/journal.pone.0084844. eCollection 2014.  
PMID: 24465438 [Free PMC Article](#)  
[Similar articles](#)
- [Supervised exercise for acute coronary patients in primary care: a randomized clinical trial.](#)  
Ortega R, Garcia-Ortiz L, Torcal J, Echevarria P, Vargas-Machuca C, Gomez A, Salcedo F, Lekuona

**Search details**  
((("myocardial infarction"[MeSH Terms] OR ("myocardial"[All Fields] AND "infarction"[All Fields]) OR "myocardial infarction"[All Fields]) AND

**Find related data**  
Database:

**Titles with your search terms**  
[Triggering myocardial infarction by sexual activity. Low absolute risk and prevention by regular physical exertion. Determinants of Myocardial Infarction Onset Study Investigators.](#) Muller JE et al. JAMA. (1996)

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Myocardial infarction and low physical activity

22:00 13.01.2016



# МАҚАЛАНЫ ТАҢДАУ

The screenshot shows a web browser window displaying a PubMed search results page. The browser's address bar shows the URL [www.ncbi.nlm.nih.gov/pubmed/#](http://www.ncbi.nlm.nih.gov/pubmed/#). The page title is "Myocardial infarction and low physical activity AND ((Clinical Tr...".

The search results are listed as follows:

- 3. [Supervised exercise for acute coronary patients in primary care: a randomized clinical trial.](#)  
Ortega R, Garcia-Ortiz L, Torcal J, Echevarria P, Vargas-Machuca C, Gomez A, Salcedo F, Lekuona I, Montoya I, Grandes G; ESCAP Group.  
Fam Pract. 2014 Feb;31(1):20-9. doi: 10.1093/fampra/cmt059. Epub 2013 Oct 19.  
PMID: 24142481 [Free Article](#)  
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- 4.  [Impact of physical activity on cardiovascular events in patients with chronic heart failure. A multicenter prospective cohort study.](#)  
Miura Y, Fukumoto Y, Miura T, Shimada K, Asakura M, Kadokami T, Ando S, Miyata S, Sakata Y, Daida H, Matsuzaki M, Yasuda S, Kitakaze M, Shimokawa H.  
Circ J. 2013;77(12):2963-72. Epub 2013 Sep 27.  
PMID: 24077060 [Free Article](#)  
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- 5. [Cardiovascular effects of intensive lifestyle intervention in type 2 diabetes.](#)  
Look AHEAD Research Group, Wing RR, Bolin P, Brancati FL, Bray GA, Clark JM, Coday M, Crow RS, Curtis JM, Egan CM, Espeland MA, Evans M, Foreyt JP, Ghazarian S, Gregg EW, Harrison B, Hazuda HP, Hill JO, Horton ES, Hubbard VS, Jakicic JM, Jeffery RW, Johnson KC, Kahn SE, Kitabchi AE, Knowler WC, Lewis CE, Maschak-Carey BJ, Montez MG, Murillo A, Nathan DM, Patricio J, Peters A, Pi-Sunyer X, Pownall H, Reboussin D, Regensteiner JG, Rickman AD, Ryan DH, Safford M, Wadden TA, Wagenknecht LE, West DS, Williamson DF, Yanovski SZ.  
N Engl J Med. 2013 Jul 11;369(2):145-54. doi: 10.1056/NEJMoa1212914. Epub 2013 Jun 24. Erratum in: N Engl J Med. 2014 May 8;370(19):1866.  
PMID: 23796131 [Free PMC Article](#)  
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- 6.  [Cost-effectiveness of a coronary heart disease secondary prevention program in patients with myocardial infarction: results from a randomised controlled trial \(ProActive Heart\).](#)  
Turkstra E, Hawkes AL, Oldenburg B, Scuffham PA.  
BMC Cardiovasc Disord. 2013 May 1;13:33. doi: 10.1186/1471-2261-13-33.  
PMID: 23634982 [Free PMC Article](#)  
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- [Effectiveness of a motivational interviewing intervention on weight loss, physical activity and](#)

On the right side of the page, there is a search bar and a "Recent Activity" section. The "Recent Activity" section lists the following search queries:

- Impact of physical activity on cardiovascular events in patients with chronic he... PubMed
- Myocardial infarction and low physical activity AND ((Clinical Tr... (9) PubMed
- Myocardial infarction and low physical activity AND ((Clinical Tr... (9) PubMed
- Myocardial infarction and low physical activity AND (Clinical Tri... (8) PubMed
- Myocardial infarction and low physical activity AND (Clinical Tri... (8) PubMed

The Windows taskbar at the bottom shows the system clock as 22:01 on 13.01.2016, along with various application icons.

## МАҚАЛАНЫҢ ТАҚЫРЫБЫ:

- Impact of physical activity on cardiovascular events in patients with chronic heart failure. A multicenter prospective cohort study.
- Влияние физической активности на сердечно-сосудистых событиях у пациентов с хронической сердечной недостаточностью. Многоцентровое проспективное исследование когорты.

- **Мақаланың жүргізілген орны:** Department of Cardiovascular Medicine, Tohoku University Graduate School of Medicine, Japan.
- **Мақала авторлары:** Miura Y, Fukumoto Y, Miura T, Shimada K, Asakura M, Kadokami T, Ando S, Miyata S, Sakata Y, Daida H, Matsuzaki M, Yasuda S, Kitakaze M, Shimokawa H.
- **Жарияланған күні:** Circ J. 2013;77(12):2963-72. Epub 2013 Sep 27.
- **Зерттеу әдісі:** Мультиорталықты проспективті когорттық зерттеу

# КОГОРТТЫҚ ЗЕРТТЕУ:

- Зертеуге 16-30 жас аралығындағы, СЖЖ жеткіліксіздігі ең бастапқы сатысындағы пациенттер алынды;
- Оларды екі топқа бөлді;
- Уақыты бойынша болжау нәтижесінде жүргізілді;
- «Мөлшерге тәуелділік » эффектісіне сәйкес келеді (Ричард Долл,Ричард Пито)

## BACKGROUND:

We have previously demonstrated that the prevalence of metabolic syndrome in chronic heart failure (CHF) is more than double compared with the general population in Japan. However, the impact of physical activity on cardiovascular events in CHF patients remains to be fully elucidated.

## АНЫҚТАМА:

Ранее мы уже показали, что распространенность метаболического синдрома при хронической сердечной недостаточности (ХСН) является более чем в два раза по сравнению с населением в целом в Японии. Тем не менее, влияние физической активности на сердечно-сосудистых событий у пациентов с ХСН остается полностью выяснены.

## METHODS AND RESULTS:

We performed a prospective, nationwide large-scale multicenter study of 9,178 patients with stage A/B/C/D CHF in Japan. We obtained the baseline physical activity data for 7,292 and yearly changes in physical activity data during a 3-year follow-up period for 4,353 patients. We divided the patients into high- and low-exercise groups by using the median value of physical activity in the stage A/B and C/D groups. In both groups, patients who exercised more were characterized by younger age and less advanced stage of CHF. Importantly, the baseline physical activity levels were significantly associated with all-cause death, heart failure (HF) hospitalization and other cardiovascular events (except acute myocardial infarction, stroke, HF hospitalization). Furthermore, the yearly change in physical activity level was also significantly associated with HF hospitalization and other cardiovascular events in both groups.

## Әдістері мен нәтижелері:

Мы провели проспективное, общенациональный масштабный многоцентровое исследование 9,178 больных со стадией А / В / С / D СНФ в Японии. Мы получили исходные данные физической активности для 7,292 и ежегодных изменений в данных физической активности во время 3-летнего периода наблюдения за 4,353 пациентов. Мы разделили пациентов на высокой и низкой упражнений групп с помощью медианного значения физической активности в стадии А / В и С / D групп. В обеих группах, пациенты, которые ими более характеризовались младшего возраста и менее продвинутой стадии ХСН. Важно отметить, что базовые уровни физической активности были связаны с всех причин смерти, сердечной недостаточности (СН) госпитализации и других сердечно-сосудистых событий (за исключением acutemyocardial миокарда, инсульт, госпитализация ВЧ). Кроме того, ежегодно изменение уровня физической активности также значительно связаны с HF госпитализации и других сердечно-сосудистых событий в обеих группах.

## CONCLUSIONS:

- The baseline level of physical activity and its yearly changes are significantly associated with all-cause death and major cardiovascular events in both stage A/B and C/D patients, suggesting that physical activity could be an important therapeutic target to improve the long-term prognosis of CHF patients.

## ҚОРЫТЫНДЫ:

- Базовый уровень физической активности и ее ежегодных изменений в значительной степени связано с всех причин смерти и основных сердечно-сосудистых событий в обеих стадии А / В и пациентов С / D, предполагая, что физическая активность может быть важной терапевтической мишенью для улучшения долгосрочных прогнозов больных с ХСН.



## Менің пікірім:

СЖЖ профилактикасы үшін міндетті түрде арнайы жаттығулармен айналысып, салауатты өмір салтын ұстанып, спортпен шұғылдану керек.

Себебі физикалық белсенділік жеткіліксіздігі қауіпті фактор болып табылады. Егер әрбір адам салауатты өмір салтын ұстанса ауру көрсеткіштері әлде қайда төмен болар еді.