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Cardiac Rehabilitation in Patients With Heart Failure: New Perspectives in Exercise Training

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Message from the Guest Editors

Dear Colleagues,

Heart failure (HF) is a distressing condition and is a leading cause of morbidity, affecting ~2% of the adult population in industrialized countries. HF can be defined as 'a complex clinical syndrome with typical symptoms that can occur at rest or during effort'. HF is characterized by objective evidence of an underlying structural abnormality or cardiac dysfunction that impairs the ability of the ventricle to fill with or eject blood.

In recent years, new evidence has suggested that exercise-based rehabilitation programs have beneficial effects for patients with HF, and thus, supervised exercise programs are routinely recommended for all HF patients as a fundamental part of their non-pharmacological management, as they are considered safe and to also reduce HF-related hospitalization, co-morbidities, and mortality rates in these patients. Exercise-based rehabilitation is known to improve quality of life and functional capacity for these patients. Evidence for the benefits of cardiac rehabilitation in heart failure patients is such that its systematic realization is recommended by international cardiologic societies with the higher level of evidence.



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