Physical Activity and A Good Diet Are the Best Medicines for Vascular Patients with Arterial Disease: Evidence and Practical Tips for Implementation

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Exercise Matters: Mobility and Mortality

Decline in Functional Performance Predicts Later Increased Mobility Loss and Mortality in Peripheral Arterial Disease

Mcdermott, Liu, Ferrucci et al. J Am Coll Cardiol. 2011;57:962-70

Supervised Exercise: Endorsed, Covered and Gaining Momentum is Now Covered

CMS HAS APPROVED SET

SET is Clinically and Cost-Effective

MWD 180m
PFWD 128 m

SET Success
Key Points Share with Your Patient

Bendernoscher, Wilkie and Nicolai et al. J Vasc Surgery 2007;45:1192-6
SET Success
Full Disclosure of ALL Possible Outcomes


SET Success: Two Key Elements
Deal with False Notions and Pragmatics

Dispel False Notions About Exercise
Beliefs regarding leg pain and physical activity interventions
Thought their pain was caused by physical activity
Thought physical activity would make their pain worse
Thought physical activity would harm their legs
Thought they should not do physical activity because it might make their pain worse
Thought they could not do physical activity because it might make their pain worse

Make SET Easy and Painless
Hours of Operation
Efficiency
Proximity of facility
Duration of effort


Home-Based Programs
More Convenient But Still Require Engagement and Time

Exercise Program
Partial Peer Group Support
Frequent Trips to Provider/Hospital


Home-Based: Not Totally At Home

Supervised Exercise: ↑ COT and PWT Home Based Exercise↑ 6MWT Best

Gardiner, Parker, Montgomery et al. J Am Heart Assoc. 2014; 1-11

US Food Intake
A Real Problem with Real Solutions

US Excesses & Deficiencies

Guideline Supported Options


Diet and Exercise Counseling: Self-Assessment
US Providers Counsel Insufficiently

Conclusions

- Exercise therapy and Diet are highly beneficial and effective
- Understand patient concerns and dispel false notions
- Be honest and realistic about success and failure
- Exercise and Dietary effort take work, but make therapy convenient and easy when possible

The END

SET Unknowns
Ideal SET Program Characteristics: Unclear

Figure 4
Supervised Exercise vs Endovascular Therapy + Supervised Exercise (ERASE)

CLEVER 2015: Supervised Exercise vs Endovascular Therapy