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# Exercise versus drug interventions on mortality outcomes in patients with coronary heart disease: An infographic

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*Abstract:* The link between physical inactivity and coronary heart disease is well recognized. Meta-analyses of the benefits of exercise based cardiac rehabilitation indicate it can reduce total mortality and cardiac mortality. Exercise training results in multiple health benefits, many of which are particularly relevant to patients recovering from cardiac illness. The purpose of this study is to create an infographic about the effectiveness of exercise and drug interventions on mortality outcomes in patients with coronary heart disease.

Keywords: Exercise, Drug interventions, Coronary heart disease, Infographic.

## 1. INTRODUCTION

Considerable knowledge has accumulated in recent decades concerning the significance of physical activity in the treatment of a number of diseases, including diseases that do not primarily manifest as disorders of the locomotive apparatus. Regular aerobic physical activity increases exercise capacity and plays a role in both primary and secondary prevention of cardiovascular disease. Exercise training increases cardiovascular functional capacity and decreases myocardial oxygen demand at any level of physical activity in apparently healthy persons as well as in most subjects with cardiovascular disease. Regular physical activity is required to maintain these training effects. Exercise can help control blood lipid abnormalities and obesity. In addition, aerobic exercise adds an independent blood pressure—lowering effect in certain hypertensive groups with a decrease of 8 to 10 mm Hg in both systolic and diastolic blood pressure measurements. Results of pooled studies reveal that persons who modify their behavior after myocardial infarction to include regular exercise have improved rates of survival. [1-14]

Infographics are information graphics that visually convey information and data accumulations. Infographics, which are referred to as methods of making information by visualizing the information, reveal the causal relationship in the informing process. While preparing information design material, the overall aim is to transfer intensive and complex information to the target group easily by reflecting the contents of the subject. The objective is that viewers will easily and quickly understand, learn, and grasp the design created by two different elements, such as information and graphs. [15]

## 2. RESULTS

No statistically detectable differences were evident between exercise and drug interventions in the secondary prevention of coronary heart disease. The following infographic summarizes the effectiveness of exercise and drug interventions on mortality outcomes in patients with coronary heart disease.

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▷ Values are odds ratios (95% credible intervals). Odds ratios lower than 1.00 favor the exercise compared with drug.

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