

심폐재활

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Health-related behaviors after heart valve surgery and their association with mortality.

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Background

Although recent studies suggest that cardiac rehabilitation and behavioral modification are recommended after various heart diseases, few data show health-related behavior changes after valvular heart disease (VHD) and their associations with survival. We designed this study to investigate the changes in smoking status and physical activity after heart valve surgery and their associations with mortality.

Methods and Results

Using the Korean National Insurance Health Service database, we included 6,447 subjects (61.4±12.2 yrs, M:F=3,130:3,317) who had VHD from 2010 to 2013 and underwent the regular health check-up before and after the onset of VHD. Subjects were grouped according to the smoking status and physical activity before and after VHD. Information of all-cause mortality was obtained until December 31, 2016. The 'smoker/smoker' group showed higher mortality (hazard ratio (HR) 1.561, 95% confidence interval (CI) 1.053-2.314) compared to the non-smoker/non-smoker group. The 'active/active' group and 'inactive/active' group showed less mortality (HR 0.582, 95% CI 0.422-0.804; HR 0.697, 95% CI 0.505-0.963, respectively), compared to the inactive/inactive group.

Conclusions

Smoking and physical activity is significantly associated with higher mortality in patients with VHD, in Korea.