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Systemic review of life style Intervention and Cardiovascular Disease in women

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Back ground: The Prevalence of cardiovascular disease is increased in women in the entire world. Some variables modification can be preventable role in this Rate; for example lifestyle intervention. Life style modification has affected on prevention and control of several disease such as diabetes, obesity and cardiovascular disease.

Material and Methods: we have done a systemic review on lifestyle intervention and Cardiovascular Disease in women by searching in several search engine such as: Pub Med and Medline, Elsevier Cochrane controlled trials registry (2000to April 2016) using key concepts of cardiovascular, exercise, dietary and lifestyle .

Result: Some studies show that dietary modification can effect on cholesterol and LDL in case, control study whereas both group were on medication and believe that Change in lifestyle is improve body composition and cardiorespiratory hazard in women with PCOs. Risk factors for type 2 diabetes and cardiovascular disease is declined with three month high- intensity aerobic training in pre and post-menopausal women. Several studies pointed that there is a significant decrease in weight, BMI, WC, WHR, hypertension, total cholesterol, and low-density lipoprotein cholesterol in women who have healthy diet and moderate exercise compare to the control group especially in post-menopausal women.

Conclusion: The findings presented here indicate life style intervention should consider in all women especially in some who are at risk of cardiovascular disease like postmenopausal and women with metabolic disorder.

Key word: Life style, Cardio vascular, pre menopause, post menopause

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