

# Rehab associated with reduced risk of death in women with CAD

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Women with coronary artery disease who completed a 12-week cardiac rehabilitation program were two-thirds less likely to die compared to those who were not referred to the program. In addition, the mortality benefit derived from this evidence-based program appears to be much more striking in women than men with the same condition, yet referrals and attendance among women fall short, according to research being presented at the American College of Cardiology's 62nd Annual Scientific Session.

"Cardiac rehabilitation can be a lifesaver, especially for women with coronary artery disease, but many aren't being referred, and even when they are, they are less likely to attend," said Jillian Colbert, MD, cardiology fellow in training at the University of Calgary, and the study's lead investigator, who said the results validate the results of earlier smaller studies. "With such a substantial mortality benefit, we are hoping these findings will prompt [health care providers](#) to refer women more and that more women will ask about these programs."

In this study, only one in three women was referred to cardiac rehab. Of those, only half actually attended. Compared to men, women had lower rates of referral (31.1 vs. 42.2 percent of men; p

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