Update in Medical Treatment

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Majority of patients referred for cardiac rehabilitation have severe coronary artery diseases (e.g. post myocardial infarction, percutaneous coronary intervention or coronary artery bypass grafting). Medications prescribed during cardiac rehabilitation for these patients include specific therapies and drugs to modify cardiovascular risk factors. The following table summarizes the commonly used drugs:

Specific treatment for coronary artery diseases

Anti-platelets	Aspirin, Clopidogrel
Symptoms control	Nitrates (po, sublingual, patch)
Anti-heart failure medications	Beta-blockers (Metoprolol XL, Bisoprolol, Carvedilol) ACEI (Captopril, Ramipril) or ARB (Valsartan) Aldosterone antagonists (Eplerenone)

Drugs for secondary prevention

Risk factors	Medications	Target
Smoking	Varenicline tartrate Buproprion SR Transdermal nicotine patch	Smoking cessation
Hypertension	Various anti-hypertensives	BP <140/90 mmHg or <130/80 mmHg if DM or renal impairment
Dyslipidaemia	Statins Fibrates Bile acid sequestrants Nicotinic acid Ezetimibe	LDL-C <2.6 mmol/L (if TG ≥2.3 mmol/L, non–HDL-C <3.4 mmol/L), <1.8 mmol/L in very high risk patients
Obesity	Sibutramine Orlistat Rimonabant	BMI 18.5 to 24.9kg/m^2 Waist circumference: Male <40 inches Female <30 inches
Diabetes Mellitus	Various oral hypoglycaemics Insulin	HbA1c<7%
Depression	Anti-depressants	Stable mood

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