Step Monitoring to Improve Arterial Health (SMARTER)

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Le mardi 2 avril 2013 / Tuesday April 2, 2013
12:00 à 13:00
Auditorium A
Centre hospitalier de St. Mary / St. Mary’s Hospital Center

Un léger diner sera servi / A light lunch will be served
Bienvenue à tous / Everyone is welcome

ABSTRACT

Context: There is a pressing need for evidence based strategies that increase walking levels in these patients and that can be easily integrated into clinical practice. Arterial stiffness is a precise and reliable index of vascular pathology.

Objective: To test the impact of physician-delivered step count prescriptions integrated into usual care of sedentary overweight/obese adults with diabetes and/or hypertension on arterial stiffness compared to usual care over 1 year.

Design: Single-blind randomized controlled trial.

Setting: Urban family physician offices.

Patients: We will enroll 364 patients. Eligibility: Sedentary adult patients of participating physicians with all of: 25≤BMI<40 kg/m2; diabetes and/or hypertension; sedentary to somewhat active.

Intervention: Step count prescription delivered by the treating doctor during routine clinic visits over a one-year period.

Outcome: Arterial stiffness, step counts, physical activity, physical fitness, anthropometric parameters, BP, lipids, A1C, insulin resistance, high-sensitivity CRP, changes in use of cardioprotective medications.

Cette présentation sera en anglais seulement