Effects Of A Comprehensive Community-based Lifestyle Intervention In Patients With CAD: Main Results Of The RESPONSE 2 Trial

Trial Discussant
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**Strengths**

- Nurse based program
- A high bar set for composite primary outcome goals
- Builds on a successful RESPONSE-1 trial, with reduced drug treated CV Risk Factors (BP, LDL-C), into RESPONSE-2 trial addressing lifestyle (weight, activity, Smoking).
- Demonstrates importance of support from partner in lifestyle modification
Questions About The Results

• Results driven by weight loss (baseline ?).

• Differential drop out rate might biased towards favorable impact for intervention group.

• Proportion of subjects in both arms who worsened risk factors?

• 6MWT is a test of functional exercise capacity rather than amount of physical activity
The Challenge
Six Month Subscription

• 250$   For WeightWatchers (Weight)
• 425$   For Philips DirectLife (Activity)
• ?   $   For Luchtsignaal (Smoking cessation)
• ?  $   For Nursing support

At least 1000$ for 6 months.