**THE EFFECT OF SECONDARY PREVENTION IN ACUTE CORONARY SYNDROME: A 3-YEAR FOLLOW-UP RESULT**

W.Z. Han, **W.Y. Fang**, H. Chen, X.B. Qiu, X.M. Hou, S.F. Guan

Shanghai Chest Hospital affiliated to Shanghai Jiaotong University, Shanghai, China

Objective: This research was designed to value the effect of secondary prevention on the patients who suffered acute coronary syndrome after percutaneous coronary intervention (PCI).

Background: Coronary heart disease remains the leading cause of death throughout the world. Besides the revascularization therapy, secondary prevention was also important.

Methods: 351 acute coronary syndrome (ACS) patients underwent PCI were randomly divided into standard group and general group. Standard group was interviewed every 3 months by clinic, while general group was only followed up by telephone once a year. Health education and medical suggestion were given to patients in standard group according to the AHA/ACC Guidelines for secondary Prevention of coronary heart disease. The results of blood tests, exercise condition and MACE were compared after a 3-year follow-up.

Results: The level of LDL-C was significantly lower in standard group

(2.29mmol/L vs 2.52mmol/L, p£¼0.001). The ratio of regular physical exercise showed a significant difference between two groups (42.7% vs 20.1%, p£¼0.001). MACE in two groups also showed significant difference (p=0.030). Meanwhile, in smoking subgroup, there were 48 persistent smokers in standard group while 69 in general group (51.9% vs 78.8% p=0.009). In diabetes subgroup, the results of glucose and HbAlc showed significant difference (p£¼0.05).

Conclusion: This study showed that standard secondary prevention of ACS could reduce the level of LDL-C and the occurrence of MACE in the patients after PCI effectively. And standard secondary prevention had an important influence on the rehabilitation of lifestyle.