

Mayo Clinic Minute

Cardiac Rehab App

VIDEO	AUDIO
	Cardiac rehab.
	Bring your heart rate up a little bit.
	Should there be an app for that?
Title: JAY WIDMER, M.D., PhD. CARDIOLOGY Mayo Clinic	An online, and smartphone-based platform, so that patients could adhere to cardiac rehabilitation on a more frequent basis.
	Dr. Jay Widmer is lead author of a Mayo Clinic study that tested patients' willingness to tap into technology as part of their recovery.
	We found that they lost quite a bit more weight than those who had cardiac rehab alone.
	<i>Sound of feet on walking path</i>
Graphic: MAYO CLINIC APP STUDY Traditional rehab: 2 lbs.	In the study, patients who did traditional rehab lost an average of 2 pounds over 3 months.
Rehab with app: 9 lbs.	Those who also used the Mayo Clinic app lost an average of 9 pounds over the same period.
	When you looked at the reasoning, they actually had better dietary habits during the course of cardiac rehabilitation.
Title: JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic News Network	Researchers say the app and its food and exercise reports essentially functioned as an extension of the heart team, helping to hold the patient accountable.
	Dr. Widmer says the study is more evidence that online tools can be part of effective heart attack recovery.
	And we really need to be turning to these technologies in order to improve the care of our patients.

Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.
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