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RELATIONSHIP BETWEEN SEX AND FUNCTIONAL CAPACITY IN PATIENTS WITH CORONARY ARTERY DISEASE

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One of the criterias of cardiac function in patients with cardiac disease is functional capacity that is measured in exercise test by METS. The main goal of this study was to know the difference of functional capacity in both sexes.

120 patients who had been referred to the cardiac rehabilitation unit of the cardiovascular research center were selected. Exercise test was performed for the patients and the information on their cardiac disease was registered.

In this study, mean and standard deviation of METS in men was 10.18±2.42 and in women was 7.9±3.42 and in statistical analysis by correlation coefficient in SPSS software, there was significant relation between METS and sex (P=0.02). Mean and standard deviation of METS in men with anterior MI was 10.38±2.38, in women with anterior MI 10.20, in men with inferior MI 10.27±2.49, and in women with inferior MI was 10. Mean and standard deviation of METS in men with angina pectoris was 10.95±1.88 and in women with angina pectoris it was 7.20±4.15.

Mean functional capacity is significantly lower in women than men. Although the difference of this variable in both sexes with anterior and inferior MI is not significant, but mean of METS is greatly higher in men because of differences of METS in men and women with angina pectoris. So in this study, differences in METS in both sexes with angina is due to difference in functional capacity.