

## Summary

Secondary prevention strategies rates remain poor in Europe as well in Poland. Cardiac rehabilitation (CR) improves survival outcomes in patients with ischemic heart disease (IHD), however the long term benefits of short-term programs are still discussed. While, in the country where the capacity for stationary CR referral is low , we consider it of high importance to combine with various long term actionable preventive strategies. A patient's compliance to a physician's lifestyle information is essential in chronic coronary syndrome (CCS). Assessing the characteristics associated with a patient's recollection of physician information and lifestyle changes could elucidate the importance of individual tailoring of preventive interventions.

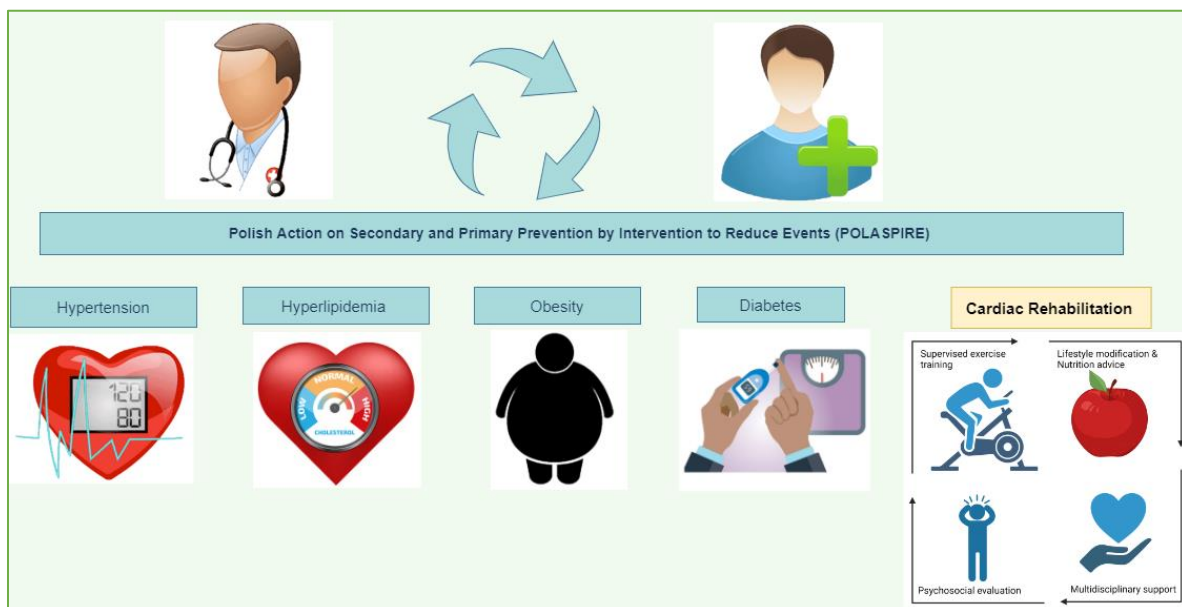


Figure 2. Integrated approach for risk factor management in chronic coronary syndrome patients. Interaction between patient and physician is a fundamental approach for better adherence for CVD risk factor control. Cardiac rehabilitation program should be integrated and discussed during patient-physician consultation when deciding preventive strategies.