

Index

Note: Page numbers of article titles are in **boldface** type.

A

- ACCOMPLISH trial, 748
- ACCORD trial, 613
- ACE inhibitors, in vascular diseases, 751–752
- ADVANCE trial, 613
- Aging, cardiovascular physiology of, 678
 - heart disease and, 733–734
 - noncardiovascular physiology of, 678–680
 - physiology of, 678
- Air Force/Texas Coronary Atherosclerosis Prevention Study, 597
- ALLHAT trial, 748
- Antihypertensive therapy, effect on cardiovascular events, 581–582
- Antihypertensive drug therapy, adverse effects of, 582–584
 - in elderly, 581–582
 - in persons with associated medical conditions, 584–585
- Antiplatelet therapy, in cardiovascular disease, 750–751
- Antiplatelet agents, in type 2 diabetes, 630, 631–632
- Aortic stenosis, 571
- Aortic valve sclerosis, 570–571
- Aortic valve thickening and calcification, 570–571
- Apoptosis, in age-related heart remodeling, 720
- Arrhythmias, in cardiovascular disease, 571–572
- ASCOT-LLA trial, 617
- Atrial fibrillation, incidence of, 572
 - prevalence of, 572
- Autophagy, importance for cardiomyocyte health and survival, 721

B

- Balance and stability, physical activity and, 685
- Beta blockers, in vascular diseases, 751, 752
 - precautions in use of, 583
- Bile acid sequestrants, in hyperlipidemia, 602
- Blood pressure, physical activity and, 682–683
- Blood pressure control, in type 2 diabetes, 624–627, 635
- Blood Pressure Lowering Treatment Tialist Collaboration (BPLTTC), 748–749
- Body composition, effect of resistance training on, 706–707
- Body fat, increases with age, 679
 - physical activity and, 681
- Body mass index, abdominal fat, and intentional weight loss, outcomes of, 653

- and cardiovascular mortality, 643–644
- and mortality, association between, after age 65, 646–648, 649
 - relationship between, explanations for, 648–651
- as measure of obesity, 644–645
- Bone density, loss with aging, 679
 - weight-bearing physical activity and, 681
- Brachial artery flow-mediated dilation (BAFMD), 670

C

- Calcium channel blockers, precautions in use of, 583
- Calorie restriction, cardioprotection by, 721–722
 - cellular mechanisms of cardioprotection by, **715–732**
 - effects on cardiovascular aging in non-human primates and humans, **733–743**
 - in people, 736, 737
 - research in, 735
 - rhesus monkey model of, 735–737
- Calorie restriction mimetics, 722–724
- Cardiac calcification, 570
- Cardioprotection, by calorie restriction, 721–722
 - cellular mechanisms of, by calorie restriction, **715–732**
- Cardiorespiratory fitness, physical activity and, 670
- Cardiovascular aging, effects of calorie restriction on, in non-human primates and humans, **733–743**
- Cardiovascular conditions, oxidative stress and mitochondrial dysfunction in, 716–719
- Cardiovascular disease, age-related, morbidity and mortality related to, 563, 564–572
 - and diabetes, epidemiology of, 608
 - prevention of, in older adults, **607–641**
 - and metabolic syndrome, 734–735
 - and obesity, 734
 - and type 2 diabetes, control of multiple risk factors in, 611, 612
 - burden of, in elderly: morbidity, mortality, and costs, **563–577**
 - chronic inflammation as risk factor for, 719–720
 - costs of, 573–574
 - electrocardiographic abnormalities and arrhythmias in, 571–572
 - frailty, and successful aging, 573
 - hospitalizations in, 573
 - in type 2 diabetes, 607–608
 - morbidity and mortality associated with, 668–669
 - mortality in, 573, 715–716
 - prevalence of, in elderly, 564–565
 - prevention of, risk reduction for, 746–750
 - primary and secondary prevention of, status report of, **745–755**
 - risk modification, 705–710
 - risk of, in hypertension in elderly, 580–581
 - smoking cessation and, 752
 - strength and resistance training in, impact of, in older adults, **703–714**
- CARDS study, 617
- Cellular mechanisms, of cardioprotection, by calorie restriction, **715–732**
- Cholesterol and Recurrent Events trial, 597–599
- Clopidogrel, 750–751

- Cognition, physical activity and, 685
- Collaborative Atorvastatin Diabetes Study, 599
- Coronary artery disease, in association with hyperlipidemia, 592
- Coronary heart disease, and physical activity, clinical outcomes and, 683–684
 - incidence of, 566
 - prevalence of, 565–566

D

- Diabetes, and cardiovascular disease, epidemiology of, 608
 - prevention of, in older adults, **607–641**
 - exercise and, 683
 - pathophysiology, diagnosis, and epidemiology of, 608
 - preventing and delaying of, to decrease risk of cardiovascular disease, 609–610
 - type 2, and cardiovascular disease, control of multiple risk factors in, 611, 612
 - antiplatelet agents in, 630, 631–632
 - blood pressure control in, 624–627, 635
 - cardiovascular disease in, 607–608
 - cardiovascular disease risk factors in, 608
 - care delivery in, 632–633
 - description of, 608
 - glycemic control in, 611–617
 - lifestyle factors in, 632
 - lipid control in, 617–631
- Dietary therapy, for hyperlipidemia in older adults, 594
- Diuretics, as initial treatment in hypertension, 582–584
- Doxazosin, hypertension and, 583
- Drug interactions, 602
- Dyslipidemia, atherogenic, 682
 - effect of resistance training on, 706
 - physical activity and, 670

E

- Electrocardiogram, ambulatory, in cardiovascular disease, 572
 - resting, in cardiovascular disease, 571–572
- Electrocardiographic abnormalities, in cardiovascular disease, 571–572
- Exercise, barriers to, 689–690
 - in diabetes, 683
- Exercise training, and rehabilitation, in hyperlipidemia in older adults, 594
 - functional capacity and, 682
- Ezetimibe, adverse effects of, 601

F

- Fiber, soluble, in hyperlipidemia in older adults, 594–595
- Fibrates, in hyperlipidemia, 602
- FIELD trial, 617
- Functional capacity, decreasing with age, 680
 - exercise training and, 682

G

Glycemic control, effect of resistance training on, 707
in type 2 diabetes, 611–617

H

Healthful lifestyle recommendations, 692
Heart disease, and aging, 733–734
Heart failure, incidence of, 568, 716
prevalence of, 568
Hyperlipidemia, as risk factor for cardiovascular disease, 749–750
in older adults, **591–606**
and association with coronary artery disease, 592
dietary therapy for, 594
exercise training and rehabilitation in, 594
lipid-lowering medications in, 595
management of, 592–593
plant stanols and sterols in, 594
primary prevention trials in, 595–597
secondary prevention trials in, 597–600
soluble fiber in, 594–595
statins in, 595, 596
Hypertension, as risk factor for cardiovascular disease, 747–748
effect of resistance training on, 705–706
in elderly, **579–590**
and risk of cardiovascular disease, 580–581
pathophysiology of, 579–580
prevalence of, 580
treatment of, 584
physical activity and, 669
Hypertension with Very Elderly Trial (HYVET), 581–582

I

Inflammation, and oxidative stress, age-related frailty and, 679
physical activity and, 681
chronic, as risk factor for cardiovascular disease, 719–720

J

JUPITER study, 749

L

Lifestyle factors, in type 2 diabetes, 632
Lipid control, in type 2 diabetes, 617–631
Lipid-lowering medications, in hyperlipidemia in older adults, 595
Lipids, physical activity and, 682
Lipoprotein metabolism, age-related changes in, 591–592
Long-term Intervention with Pravastatin in Ischemic Disease Trial, 599–600

M

- Metabolic health, sedentary behavior and, 672–673
- Metabolic syndrome, cardiovascular disease and, 734–735
- Mitochondrial dysfunction, and oxidative stress, in pathogenesis of cardiovascular conditions, 716–719
- Mortality, physical activity and, 685
- Myocardial infarction, incidence of, 567
 - prevalence of, 566
 - prognosis in, 567–568

N

- National Cholesterol Education Program III (NCEP III) guidelines, 593
- National Cholesterol Education Program (NCEP), 750
- National Health and Nutrition Examination Survey (NHANES) III, 746–747
- Niacin, adverse effects of, 601
- Nicotinic acid, in hyperlipidemia, 601

O

- Obesity, and cardiovascular disease, 734
 - clinical implications of, 653–654
 - definitions and measurements in, 644–645
 - diseases related to, 643
 - effect on morbidity, functional status, and quality of life, 651
 - methods of study of, 644
 - paradox in elderly: potential mechanisms and clinical implications of, **643–659**
 - pathophysiology of, 645
 - physical fitness, and mortality, 652
 - prevalence of, in older adults, 643–644
 - sedentary behavior and, 672
- Osteoporosis, 679, 684
- Oxidative stress, and mitochondrial dysfunction, in pathogenesis of cardiovascular conditions, 716–719
 - inflammation and, age-related frailty and, 679
 - physical activity and, 681

P

- Peripheral artery disease, physical activity and, 669
- Physical activity, access to, 691
 - amounts of, providing health benefits, 665
 - and cardiovascular health, 668–671
 - and coronary heart disease, clinical outcomes and, 683–684
 - and functional limitations, 671–672
 - and health, dose-response relationship between, terminology in, 662–663
 - and prevention of cardiovascular disease, importance of, 668
 - in older adults, **661–675**
 - benefits of, in moderating cardiovascular risk factors, 682–683
 - in moderating changes of aging, 680–682

Physical (*continued*)

- cardiovascular benefits of, 680
- effects of, on cardiovascular and noncardiovascular outcomes in older adults, **677–702**
 - on cardiovascular disease, 670
 - for frail elder, 689
 - guidelines for, 665–666
 - health benefits of, 663–664
 - in moderating noncardiac disease, 684–685
 - in moderating psychological dimensions of aging, 686
 - increased, age-related considerations for achieving, 686–692
 - mechanisms of, reducing cardiovascular risk, 670
 - noncardiovascular benefits of, 680
 - objective assessment of, 667–668
 - optimal regimen for, 687–689
 - safety considerations for, 691–692
- Physical activity guidelines, 687
- Physical Activity Guidelines Advisory Committee (PAGAC), 661
- Physical fitness, obesity, and mortality, 652
- Plant stanols and sterols, in hyperlipidemia in older adults, 594
- Post Coronary Artery Bypass Graft trial, 600
- PROactive study, 613
- Prospective Study of Pravastatin in Elderly at Risk (PROSPER) trial, 595–596, 617
- Pseudohypertension, 579
- Psychological well-being, physical activity and, 686

R

- Renal function, alterations in, risk factors associated with, 583
- Research recommendations, 673
- Resistance training, benefits of, 704–705
 - effect on body composition, 706–707
 - effect on dyslipidemia, 706
 - effect on glycemic control, 707
 - effect on hypertension, 705–706
 - equipment for, 710
 - exercise prescription for, 708–710
 - responses to, 703–705

S

- Sarcopenia, 678–679, 684
- Scandinavian Simvastatin Survival Study (4S), 597–600, 749
- Sedentary behavior, chronic disease, and metabolic health, 672–673
 - in older adults, research on, 672
 - obesity and, 672
- Simvastatin/Enalaprin Coronary Atherosclerosis trial, 600
- Skeletal muscle, aging and, 678–679
 - physical activity and, 680–681
- Smoking cessation, and cardiovascular disease, 752
- Statins, adverse effects of, 600–601
 - in hyperlipidemia in older adults, 595, 596

Strength and resistance training, in cardiovascular disease, impact of, in older adults,
703–714

Stroke, incidence of, 569, 570
prevalence of, 568–569

U

US Department of Health and Human Services - 2008 Physical Activity Guidelines
for Americans, 661

V

VADT trial, 613

Valvular heart disease, 570–571

Valvular regurgitation, 571

Vascular health, physical activity and, 670

W

Walking, health benefits and health risks of, 666–667

Weight loss, intentional, effect on mortality, 652–653

West of Scotland Coronary Prevention Study, 597