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Corresponding author: **SUCEVEANU Mihaela Carmen**, E-mail: sucevenum@yahoo.com

Hospital for Cardiovascular Rehabilitation “Dr. Benedek Geza”, Cardiac Rehabilitation, Covasna, Romania

Abstract

Introduction. The prevalence of hypertension is very high in Romania, like in entire world at all ages and is not well controlled. Studies like EUROSPIRE V or SEPHAR III proved it. Hypertension is a very important risk factor for cardiovascular diseases. To prevent and treat hypertension can reduce morbidity and mortality through cardiovascular diseases and stroke. Hypertension is a common comorbidity in patients included in cardiovascular rehabilitation programmes. The natural factors offered by the health resort Covasna such as: climatotherapy, arotherapy, the CO₂-bath, mineral waters and mofettes added to the other components of cardiac rehabilitation programme represent a special programme, which is specific for Hospital for Cardiovascular Rehabilitation “Dr. Benedek Geza” Covasna.

Materials and methods. Case presentation: A patient is evaluated at the beginning and the end of the programme, clinic and paraclinic.

Results. The results presented after evaluation of a programme for cardiovascular rehabilitation, for 16 zile showed improvements. Results are presented.

Conclusions. The programme used in our hospital in Covasna, contribute to rise adherence to life style modification, to practice physical activity, to take medication.

It is known that could modify history of hypertension, acting as a reducer either of blood pressure or of the other cardiovascular risk factors.

Key words: hypertension, cardiovascular rehabilitation, CO₂ therapy.