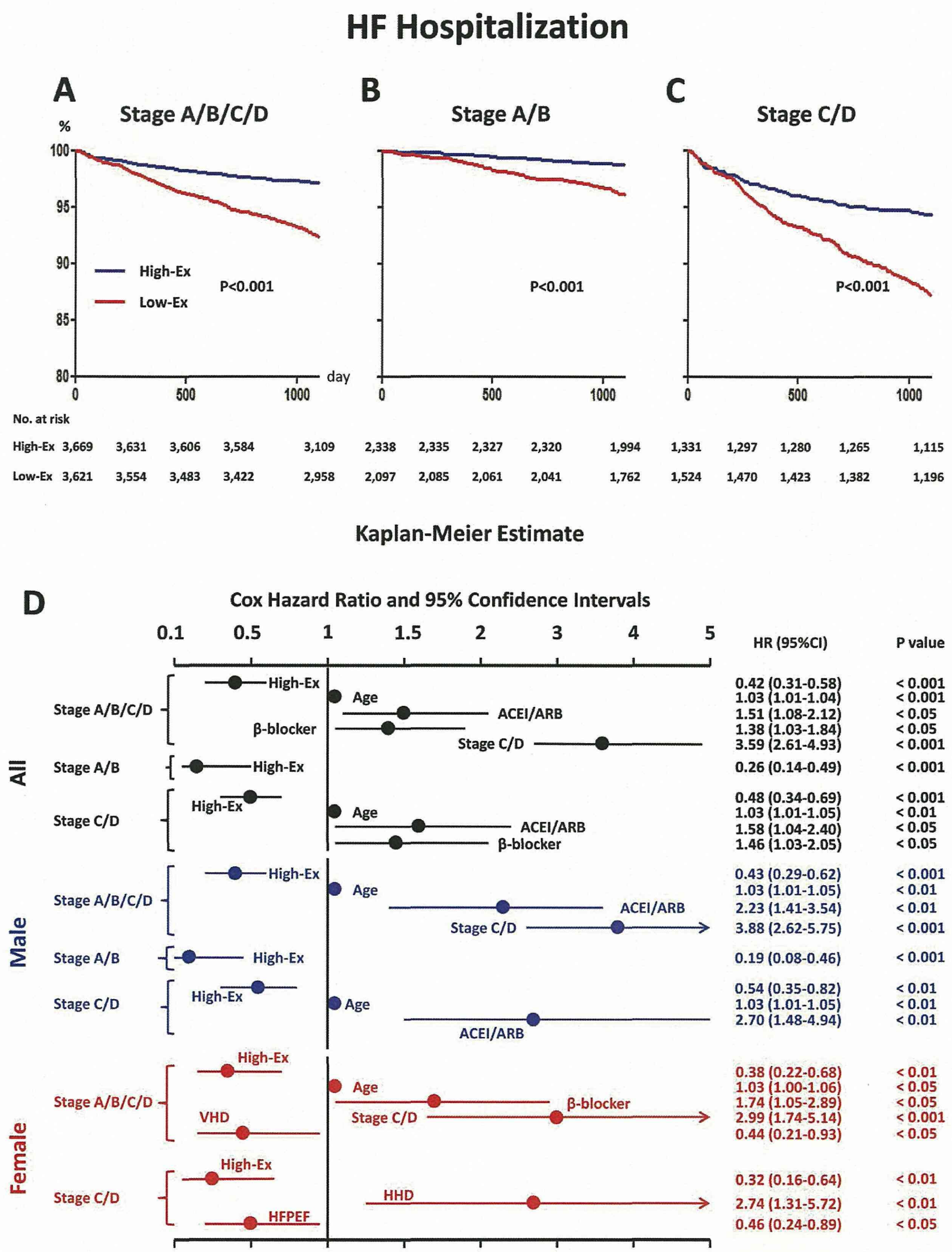

Figure 2. Baseline physical activity level and admission for worsening heart failure (HF). The high-exercise (High-Ex) group showed better prognosis for admission for worsening HF in all patients (**A**), as well as in stage A/B (**B**), and stage C/D (**C**) patients. The better prognosis was significantly associated with high-exercise level except for female patients in stage A/B (**D**). ACEI, angiotensin-converting enzyme inhibitor; ARB, angiotensin-receptor blocker; HHD, hypertensive heart disease; HFpEF, HF with preserved ejection fraction; VHD, valvular heart disease.

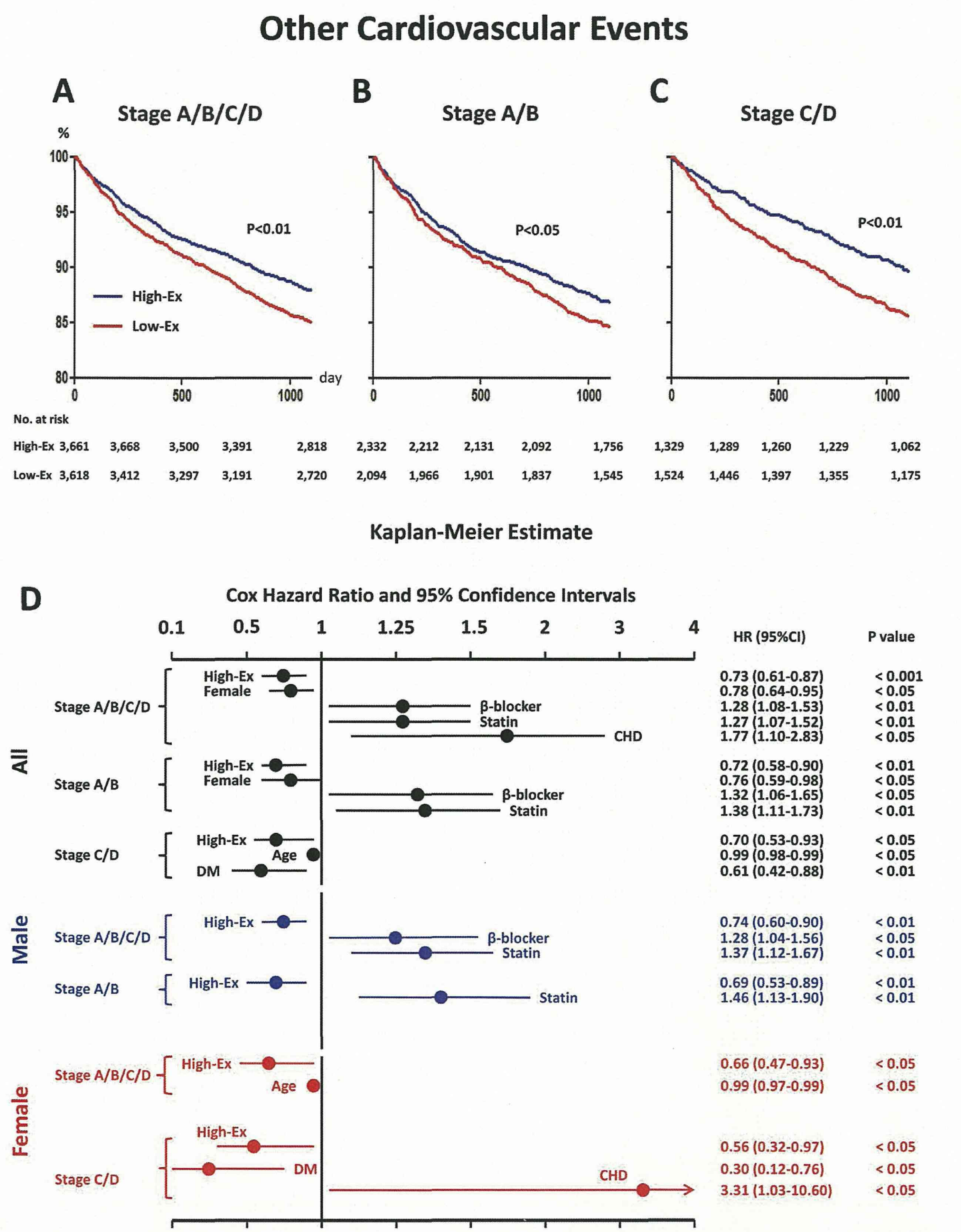

Figure 3. Baseline physical activity level and other cardiovascular events. The high-exercise group (High-Ex) showed better prognosis for other cardiovascular events (except acute myocardial infarction, stroke, and HF hospitalization) in all patients (**A**), as well as in stage A/B (**B**) and stage C/D (**C**) patients. Multivariate analyses also demonstrated a significant correlation between baseline physical activity level and other cardiovascular events in all patients in stages A/B and C/D (**D**). CHD, congenital heart disease; DM, diabetes mellitus.

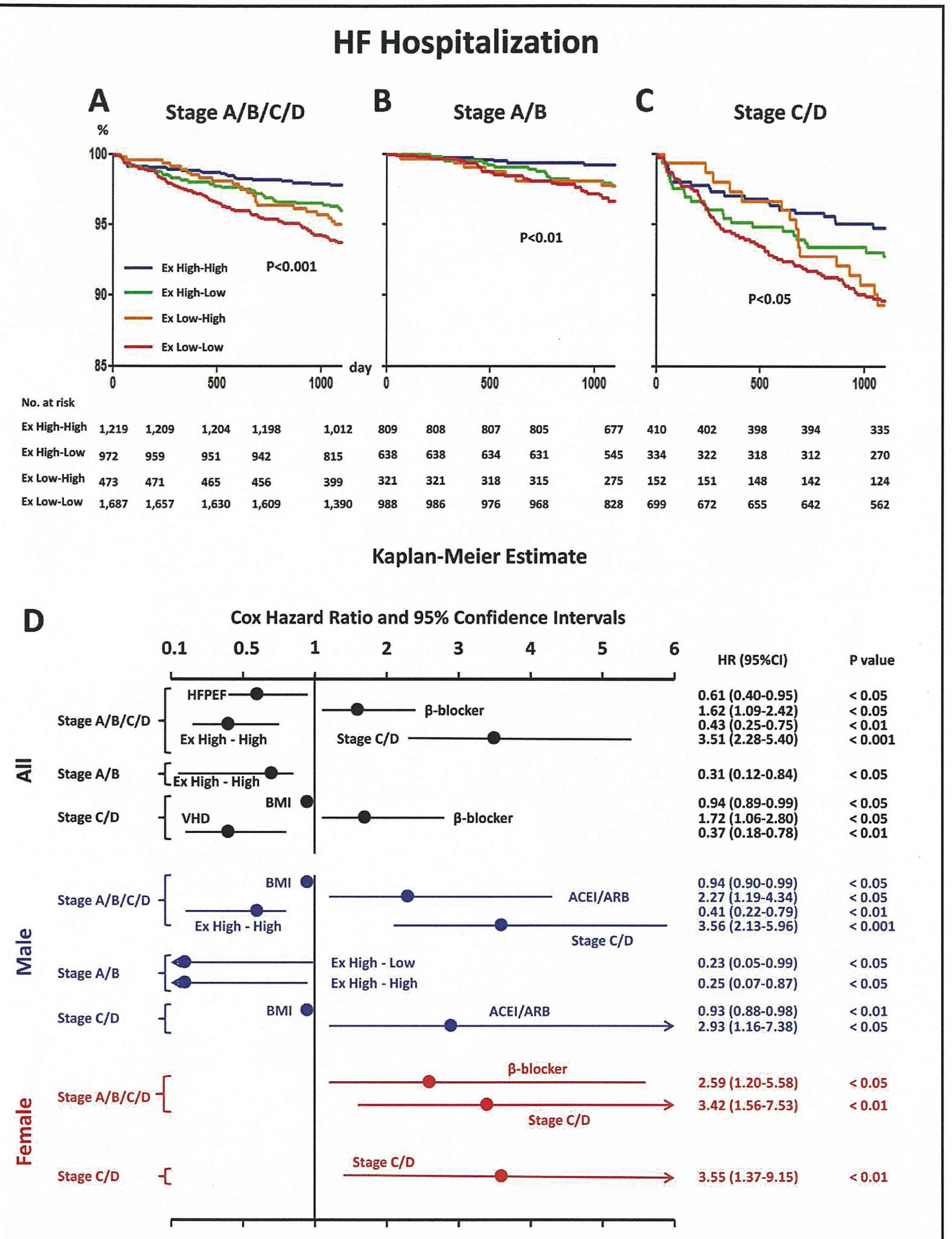

Figure 4. Yearly change in physical activity level and admission for worsening heart failure (HF). Yearly change in physical activity level was significantly associated with admission for worsening HF in all patients (**A**), as well as in stage A/B (**B**) and stage C/D (**C**) patients. Multivariate analyses showed that high-exercise level (High-Ex) was significantly associated with better prognosis for male patients in stage A/B (**D**). ACEI, angiotensin-converting enzyme inhibitor; ARB, angiotensin-receptor blocker; BMI, body mass index; VHD, valvular heart disease.

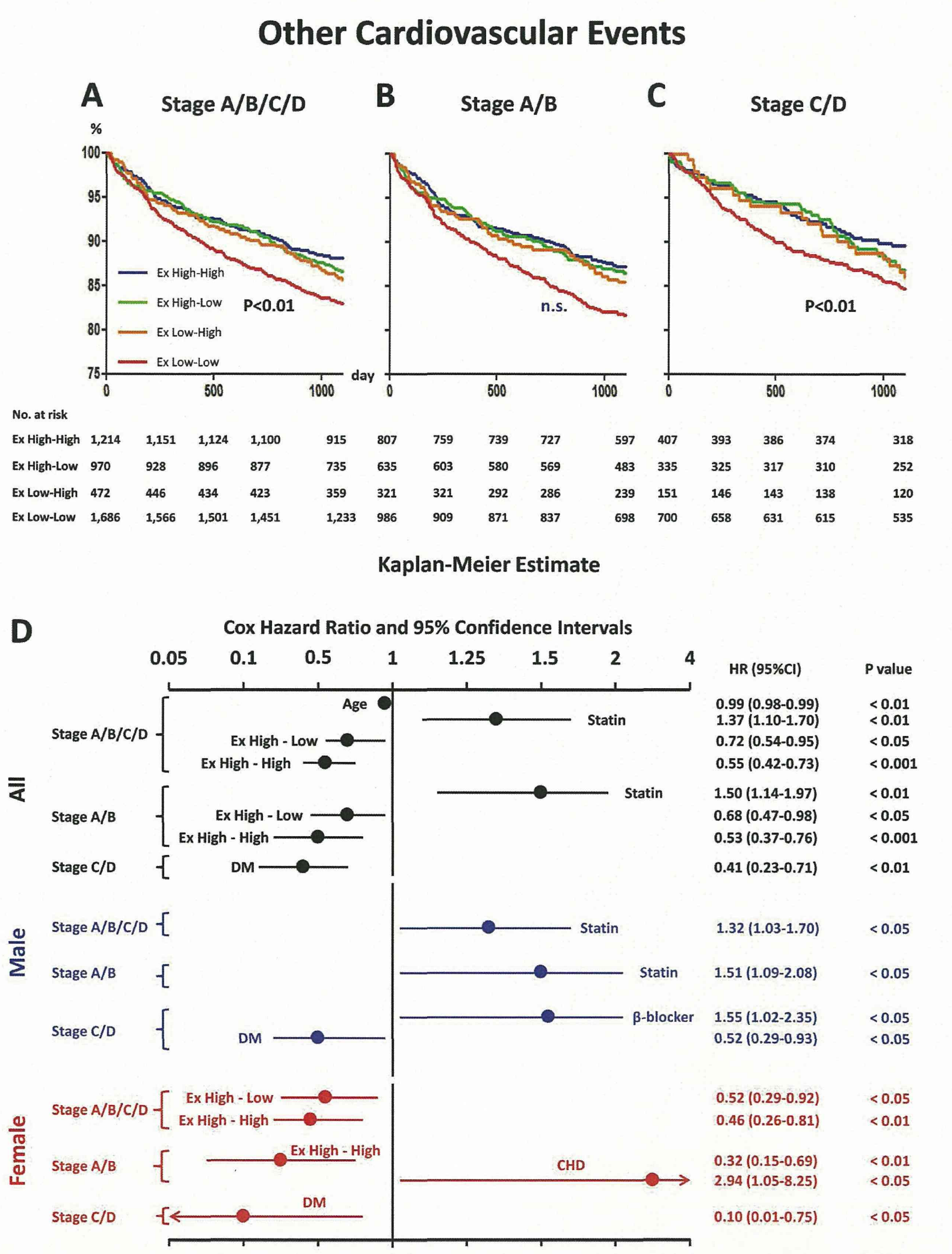

Figure 5. Yearly change in physical activity level and other cardiovascular events. Yearly change in physical activity was significantly associated with other cardiovascular events (except acute myocardial infarction, stroke, and HF hospitalization) in all patients (**A**), as well as in stage A/B (**B**) and stage C/D (**C**) patients. Multivariate analyses showed that high level of physical activity (High-Ex) was significantly associated with better prognosis for female patients in stages A/B and C/D (**D**). CHD, congenital heart disease; DM, diabetes mellitus; HF, heart failure.

(Table S4) and in 410 (26%) of those in stage C/D (Table S5); younger patients in the early stages of CHF tended to maintain higher levels of physical activity (Tables S4,S5).

Yearly Change in Physical Activity Level and Cardiovascular Events During Follow-up

We subdivided the patients into 4 groups according to their baseline and follow-up physical activity levels as "low to low (n=988)", "low to high (n=321)", "high to low (n=638)" and "high to high (n=809)" (Table S4). Among the 4 groups, survival free from CHF hospitalization was best in the "high to high" group and was worst in the "low to low" group in both stage A/B and C/D (Figures 4A–D). In stage A/B patients, survival free from CHF hospitalization in the "high to low" and "low to high" groups was between that in the "high to high" and "low to low" groups, suggesting that physical activity level was well associated with CHF hospitalization (Figure 4B).

Furthermore, other cardiovascular events (except AMI, stroke, and HF hospitalization) were well associated with yearly change in physical activity level in both stage A/B and C/D (Figures 5A–D). Survival free from other cardiovascular events was best in the "high to high" group and worst in the "low to low" group in both stage A/B and C/D (Figures 5A–D). In female patients especially, high physical activity was associated with other cardiovascular events (Figure 5D).

In contrast, although a yearly change in physical activity was significantly associated with the occurence of AMI, its impact was small (Figures S2A–D). In stages A–D, the occurrence of AMI was comparable between the "high to high" and "high to low" groups, as in the case of "low to high" and "low to low" groups (Figure S2A). In stage C/D, only "low to low" tended to be worst for AMI (Figure S2C).

The impact of a yearly change in physical activity on stroke was also small (Figures S4A–C). Multivariate analyses indicated that "high to high" was the only significant predictor of the occurrence of stroke in stages A–D (Figure S4D).

Discussion

The novel findings of the present study were that (a) the baseline physical activity level was significantly associated with all-cause death, HF hospitalization and other cardiovascular events (except AMI, stroke and HF hospitalization) and (b) a yearly change in physical activity level was also significantly associated with HF hospitalization and cardiovascular events during the 3-year follow-up in both stage A/B and C/D patients. To the best of our knowledge, this is the first study to demonstrate that physical activity is associated with cardiovascular events in CHF patients.

Influence of Baseline Physical Activity Level on Cardiovascular Events and Mortality

In the present study, the high-exercise group was characterized by younger age and less advanced CHF stage compared with the low-exercise group in both stage A/B and C/D, whereas no significant difference in BNP level was noted between the 2 groups. Because physical activity level and CHF stage are closely linked, it is difficult to simply dissect the effects of physical activity on CHF stage. However, the present study suggests that physical activity is an important therapeutic target for CHF patients.

It has been demonstrated that exercise training is associated with significant reductions in mortality, HF hospitalization, health status and depressive symptoms, as well as improvement of endothelial function in CHF patients.[12–16] Furthermore, regular physical activity and aerobic exercise training are associated with reduced risk of fatal and nonfatal coronary events as primary and secondary prevention in a wide range of ages.[17,18] Consistently, the present study demonstrated that a higher level of physical exercise was associated with reductions in all-cause mortality, HF hospitalization, acute coronary syndrome and other cardiovascular events in HF patients in both stage A/B and C/D.

Yearly Change in Physical Activity Level

Only a few studies have previously examined yearly change in physical activity. In children, physical activity is known to decrease with age, depending on the length of morning school breaks and the issue of road safety in the maintenance of moderate and vigorous activities.[19] Also in adults, the CPS II Nutrition Cohort, a prospective study of cancer incidence and mortality in the USA, reported that in half of the participants the level of physical activity declined over 10 years.[20] WHAS II, another prospective cohort study with 436 women aged 70–79 years, who were representative of the two-thirds highest functioning women living in the community, also demonstrated that the prevalence of maintaining a high-exercise level accounted for only 16.6%,[21] a consistent finding with the present study ("high to high" group accounted for 28.0%). Furthermore, the present study demonstrated that most of the patients with CHF (both stage A/B and C/D) decreased their level of physical activity over 3 years, which was associated with various cardiovascular events. To prevent this decline, it is important in future studies to clarify the factors that prevent physical activity in CHF patients.

It has been reported that LV systolic dyssynchrony predicts impaired physical activity level, independently of history of previous MI or regional wall motion abnormality in patients with IHD.[22] In both stage A/B and C/D, the "high to high" group was characterized by younger age and high baseline level of physical activity. Additionally, the prevalence of valvular heart disease in stage A/B and the use of statins in stage C/D were significantly associated with the yearly change in physical activity level, although the clinical significance of these findings remains to be examined in future studies.

Change in Physical Activity Level and Cardiovascular Events

Few studies have examined the influence of changes in physical activity on cardiovascular events in adults. In the WHAS II study, there was a stepwise association between decreased level of physical activity and increased risk of mortality in old women.[21] The present study also demonstrated that decreased physical activity was associated with increased risk of mortality, HF hospitalization and other cardiovascular events (except AMI, stroke, and HF hospitalization) in male and female patients with CHF in both stage A/B and C/D, supporting the notion that exercise training is associated with significant reductions in mortality, HF hospitalization and atherosclerosis development.[12,17]

Study Limitations

First, in the present study, physical activity level was evaluated only by subjective questionnaire not by objective method, which might have caused overestimation of the level. Evaluation of physical activity by objective methods is needed in future studies. Second, in order to evaluate the yearly change in physical activity, we simply divided the patients by the median value of physical activity. Again, evaluation of the yearly change in physical activity by objective methods is needed in future studies. Third, although we were able to obtain data for a relatively large number of CHF patients, some were lacking.

Fourth, we were unable to clarify the factors that prevented physical activity by CHF patients or to clarify whether a decrease in physical activity was a cause or a result of cardiovascular diseases. Fifth, in some groups, the use of drugs, such as ACEI/ARB or β-blocker, which are usually recognized as protective agents for HF, was rather associated with worsening of HF, probably because these agents were administered to patients with severe HF. We are currently performing a clinical study to address this issue.

Conclusions

The present study demonstrates that the baseline and yearly change in physical activity level are associated with all-cause death and HF hospitalization, suggesting that physical activity could be an important therapeutic target to improve the prognosis of CHF patients.

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Disclosures

None.

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Supplementary Files

Supplementary File 1

Figure S1. Baseline physical activity level and the occurrence of acute myocardial infarction.

Figure S2. Yearly change in physical activity level and the occurrence of acute myocardial infarction.

Figure S3. Baseline physical activity level and the occurrence of stroke.

Figure S4. Yearly change in physical activity level and the occurrence of stroke.

Table S1. Physical activity questionnaire

Table S2. Baseline characteristics of CHF patients with low and high physical activity levels (stages A/B/C/D)

Table S3. Baseline characteristics of CHF patients with yearly changes in physical activity level during 3-year follow-up (stages A/B/C/D)

Table S4. Baseline characteristics of stage A/B CHF patients categorized by yearly change in physical activity level during 3-year follow-up

Table S5. Baseline characteristics of stage C/D CHF patients categorized by yearly change in physical activity level during 3-year follow-up

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ORIGINAL ARTICLE
Critical Care

Emergency Care of Acute Myocardial Infarction and the Great East Japan Earthquake Disaster

– Report From the Miyagi AMI Registry Study –

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Background: Although emergency care of acute myocardial infarction (AMI) could theoretically be improved through improved patient delay, this notion remains to be confirmed. Additionally, the influence of large earthquakes on the emergency care of AMI cases remains to be elucidated. The Great East Japan Earthquake (March 11, 2011) has enabled us to address these issues.

Methods and Results: We analyzed the data from 2008 to 2011 (n=3,937) in the Miyagi AMI Registry Study. In-hospital mortality was significantly lower in 2011 as compared with the previous 3 years (7.3% vs. 10.5%, $P<0.05$). This improvement was noted especially during the first 2 months after the Earthquake, associated with shorter elapsing time from onset to admission (120 vs. 240 min, $P<0.001$) and higher performance rate of primary percutaneous coronary intervention (PCI) (86.8% vs. 76.2%, $P<0.01$). Importantly, after the Earthquake, patients with early admission (≤3 h from onset) was significantly increased (59.1% vs. 47.0%, $P<0.05$) and their prognosis became better (7.9% vs. 11.4%, $P=0.02$), associated with a lower prevalence of heart failure on admission (6.9% vs. 16.2%, $P=0.02$) and higher performance rate of primary PCI (89.1% vs. 76.4%, $P<0.01$).

Conclusions: Emergency care of AMI improved soon after the Great East Japan Earthquake compared with ordinary times by the contribution of earlier admission from onset and higher performance rate of primary PCI. (*Circ J* 2014; **78:** 634–643)

Key Words: Disaster management; Earthquakes; Emergency care; Myocardial infarction

Mortality from acute myocardial infarction (AMI) has decreased during the past decades associated with the widespread use of primary percutaneous coronary intervention (PCI).[1–3] In addition, it has been shown that a shorter elapsing time from onset of AMI to reperfusion (treatment delay) improves the clinical outcome of AMI patients.[4–6] Thus, it has been repeatedly pointed out that emergency care of AMI could theoretically be further improved through improved chain of survival, especially the patient delay.[4,7,8] However, this notion remains to be confirmed in a large community.[7,8] In addition, the influence of large earthquakes on the emergency care of AMI remains to be elucidated.

Editorial p586

On March 11, 2011, the Great East Japan Earthquake followed by a tsunami hit the northeastern coast region of Japan, one of the largest ocean-trench earthquakes ever recorded.[9–11] The Earthquake caused huge damage to Miyagi prefecture, the area closest to the epicenter, where 9,537 people have died, 1,297 are still missing and 266,871 houses were destroyed as of 10 October, 2013, 2.5 years after the Earthquake.[12] Many people have been severely inconvenienced and have suffered from physical and mental stress, increased salt intake from preserved foods and elevated blood pressure.[9,10,13] We recently

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Table 1. Clinical Characteristics and Outcomes of Patients With AMI in 2008–2010 and 2011

	2008–2010 (n=2,995)	2011 (n=942)	P value
Age [median (IQR)], years	71 (60–79)	70 (59–80)	0.69
Female (%)	28.6	25.2	0.04
Hypertension (%)	65.1	70.0	0.06
Diabetes (%)	34.0	36.1	0.24
Dyslipidemia (%)	49.2	39.5	0.42
Smoking (%)	33.4	35.9	0.15
Anterior infarction (%)	46.3	47.1	0.67
Prior infarction (%)	8.8	8.1	0.46
Ambulance use (%), (n)	66.1 (1979)	66.8 (629)	0.69
Time elapsing from onset to admission [median (IQR)], min*	228 (90–647)	150 (72–450)	<0.001
Killip ≥2 on admission (%)	12.7	10.9	0.15
Primary PCI (%)	80.2	84.8	0.001
Peak CPK [median (IQR)], IU/L	1,373 (632–2,713)	1,565 (740–2,963)	0.01
Door-to-balloon time [median (IQR)], min†	75 (46–120)	70 (46–115)	0.21
In-hospital mortality (%), (n)	10.5 (315)	8.3 (78)	<0.05

*Only patients with data available on onset time (n=2,771 in 2008–2010 and n=887 in 2011). †Only patients who underwent primary PCI with data available on door-to-balloon time (n=1,605 in 2008–2010 and n=745 in 2011). CPK, creatinine phosphokinase; PCI, percutaneous coronary intervention.

demonstrated that the Earthquake significantly increased the occurrence of various cardiovascular diseases, including heart failure, ventricular arrhythmias and coronary vasospasm.[11,14–16]

AMI has been a leading cause of morbidity and mortality worldwide, including Japan.[2,17] In order to establish the system of emergency care of AMI in Miyagi prefecture, we have been conducting the Miyagi AMI Registry Study for 34 years since 1979, whereby all AMI patients in Miyagi prefecture are prospectively registered.[2,18–20] The Great East Japan Earthquake has enabled us to examine how the emergency care system for AMI operated during the disaster.

The aim of the present study was to elucidate how the Great East Japan Earthquake affected the emergency care of AMI in Miyagi prefecture using the data from the Miyagi AMI Registry Study.

Methods

This study was approved by the Institutional Review Broad of Tohoku University Graduate School of Medicine under the condition that personal data are protected at all times.

The Miyagi AMI Registry Study and Study Population

The Miyagi AMI Registry Study is a prospective, multicenter and observational study. As previously reported, the registry was established in 1979 and all 44 hospitals with a coronary care unit and/or cardiac catheterization facility in Miyagi prefecture have been participating (**Appendix**).[2,18–20] Miyagi prefecture has a population of approximately 2.35 million people, and almost all AMI patients are transferred to one of the participating hospitals via the emergency medical service. The diagnosis of AMI was based on the WHO-MONICA criteria, including typical severe chest pain accompanied by abnormal ECG changes and increased serum levels of cardiac enzymes.[21] Treatment, including reperfusion therapies, was left to the discretion of the individual cardiologists in charge. In the present study, we analyzed a total of 3,937 AMI patients registered in the Miyagi AMI Registry from 11 January (8 weeks before March 11) to November 15 (40 weeks after 11 March) in 2008–2011.

Statistical Analysis

To examine the effects of the Earthquake on both the clinical characteristics of AMI patients and the emergency care system, we divided the study period of 12 months into six 2-month periods and compared in-hospital mortality between 2011 and 2008–2010 for the following subgroups; age (≥70 and <70 years), sex, elapsing time from onset to admission (≤3 and >3 h) and ambulance use or not. We also compared the clinical characteristics, including elapsing time from onset to admission, door-to-balloon time defined as the time from admission to first balloon dilatation (only in the patients who received primary PCI), treatment delay defined as the time from onset to first balloon dilation (only in the patients who received primary PCI) (**Figure S1**), ambulance use, performance rate of primary PCI, peak creatine phosphokinase (CPK) level, prevalence of symptomatic heart failure with Killip class ≥2 on admission, sex, and age between 2011 and 2008–2010. As a subgroup analysis, we divided the patients into 2 groups according to time from onset to admission as ≤3 h (early admission) and >3 h (late admission), and compared in-hospital mortality and the clinical characteristics of the patients between 2011 and 2008–2010 during the 2 months just before and after the Earthquake.

Furthermore, the tsunami following the Earthquake directly and severely damaged the seacoast area.[9–11] Therefore, to examine the influence of the tsunami on the emergency care of AMI, we divided the patients in 2011 into 2 groups according to transfer hospitals located within 5 km of the sea (seacoast area) or not (inland area) (**Appendix**). We used the Mann-Whitney test for continuous values and chi-square test for categorical variables. Continuous variables are expressed as median and interquartile range (IQR).

In addition, to assess the effect of the Earthquake on in-hospital mortality, we performed multivariate logistic regression analysis by the period before and after the Earthquake and calculated the odds ratios and 95% confidence intervals. The following variables were included in the logistic regression model: age, sex, infarction site, prior MI, transport by ambulance, admission within 3 h of onset, coexisting heart failure with Killip class ≥2 and performance rate of primary

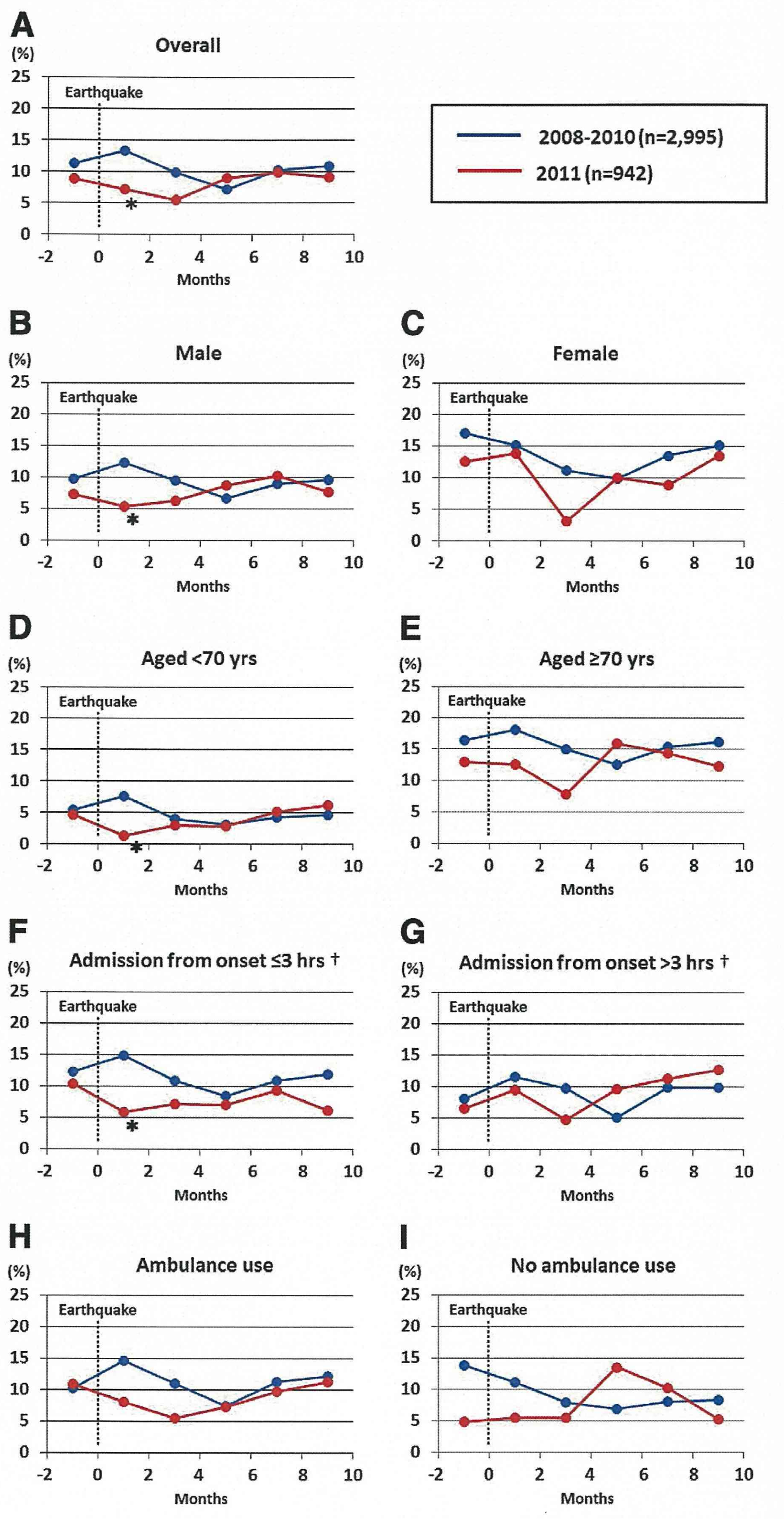

Figure 1. Time course of in-hospital mortality from acute myocardial infarction in 2011 and 2008–2010 in overall population (**A**) and subgroups divided by sex (**B**,**C**), age (**D**,**E**), elapsing time from onset to admission (**F**,**G**) and use of ambulance (**H**,**I**). *P<0.05 vs. 2008–2010. †Only patients with data available on time of onset were enrolled (n=2,944 in 2008–2010 and n=907 in 2011).

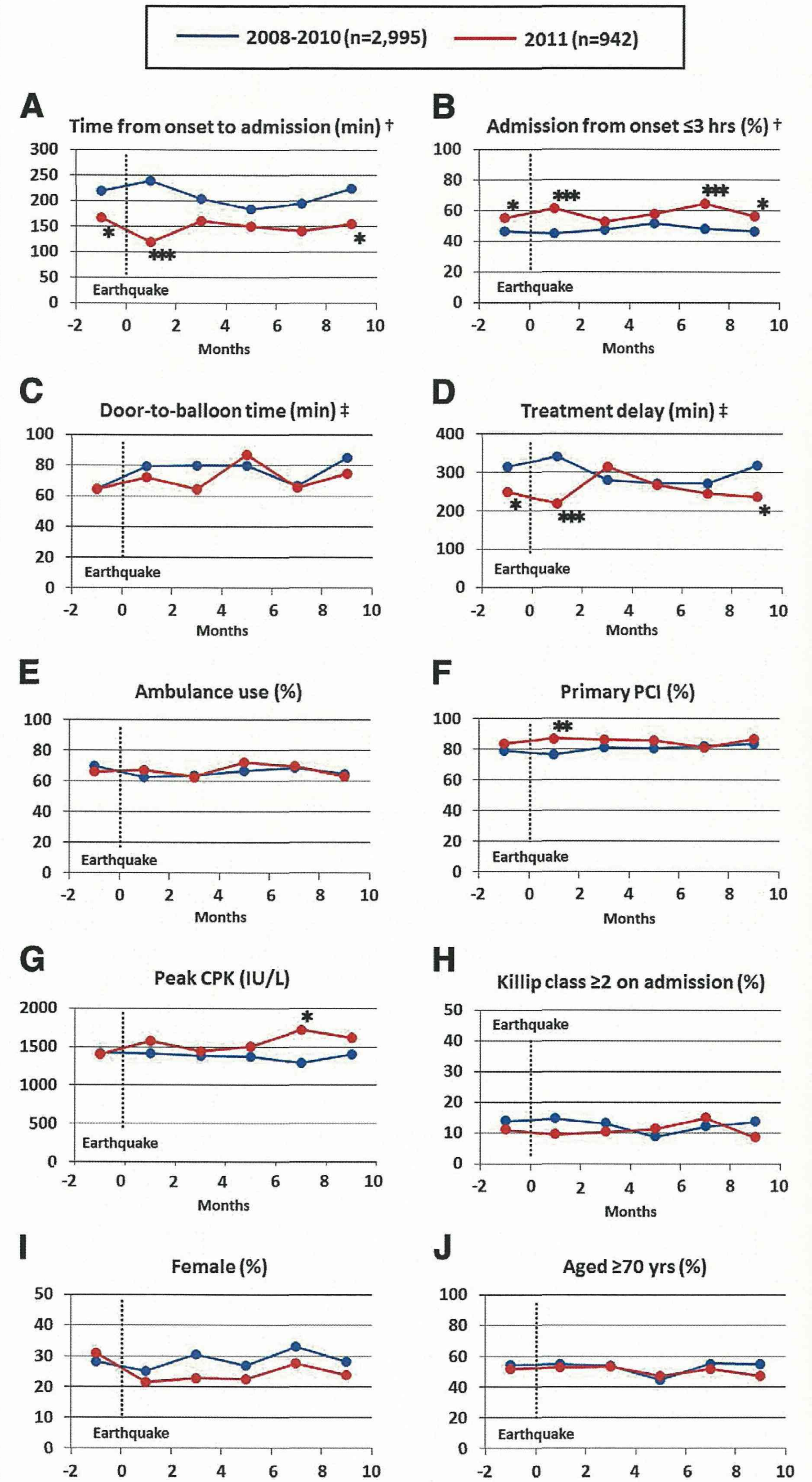

Figure 2. Time course of the clinical characteristics of acute myocardial infarction patients in 2011 and 2008–2010, in terms of elapsing time from onset to admission (**A**), prevalence of early admission (≤3 h from onset) (**B**), door-to-balloon time (**C**), treatment delay (**D**), ambulance use (**E**), performance of primary PCI (**F**), peak CPK level (**G**), prevalence of HF with Killip class ≥2 (**H**), sex (**I**) and age (**J**). Continuous values (eg, time elapsing from onset to admission, treatment delay, door-to-balloon time, and peak CPK level) are expressed as median. *P<0.05, **P<0.01, ***P<0.001 vs. 2008–2010. †Only patients with data available on time of onset (n=2,944 in 2008–2010 and n=907 in 2011). ‡Only patients who underwent primary PCI with data available on door-to-balloon time (n=1,678 in 2008–2010 and n=750 in 2011). §Only patients who underwent primary PCI with data available on onset time and door-to-balloon time (n=1,649 in 2008–2010 and n=738 in 2011). CPK, creatine phosphokinase; HF, heart failure; PCI, percutaneous coronary intervention.