

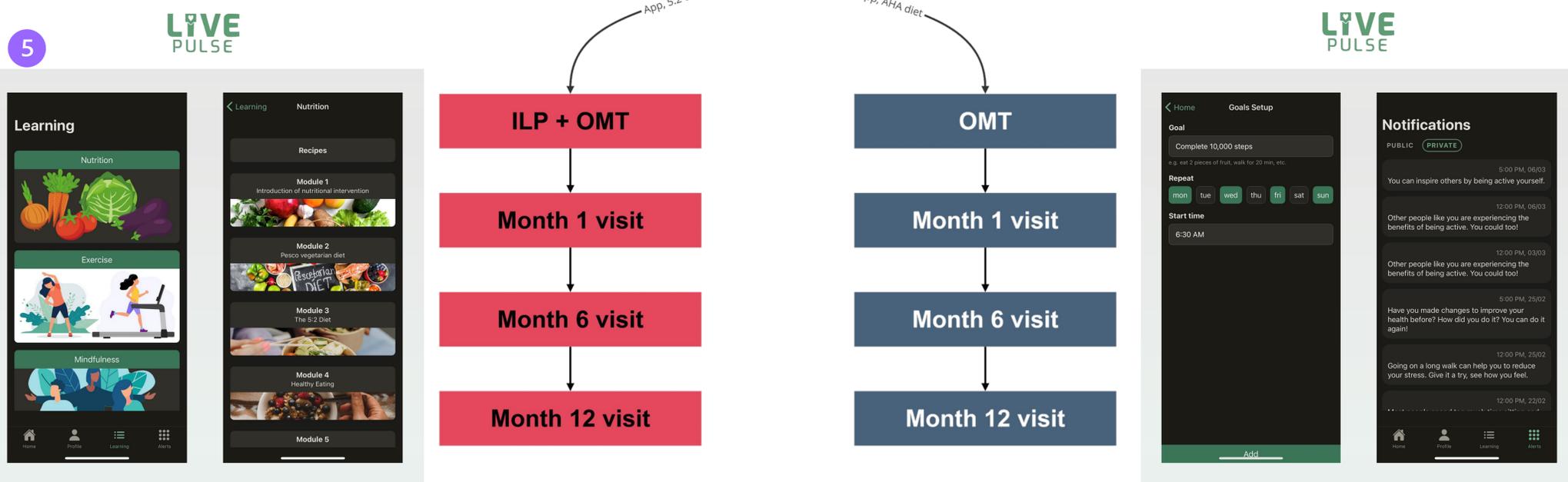
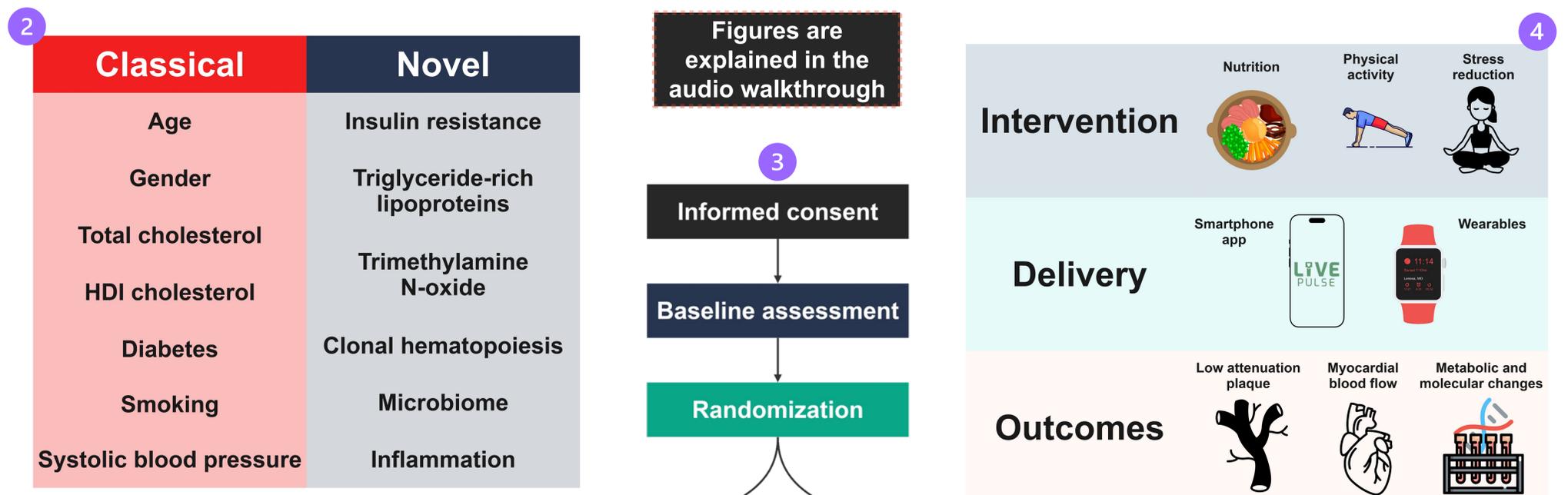
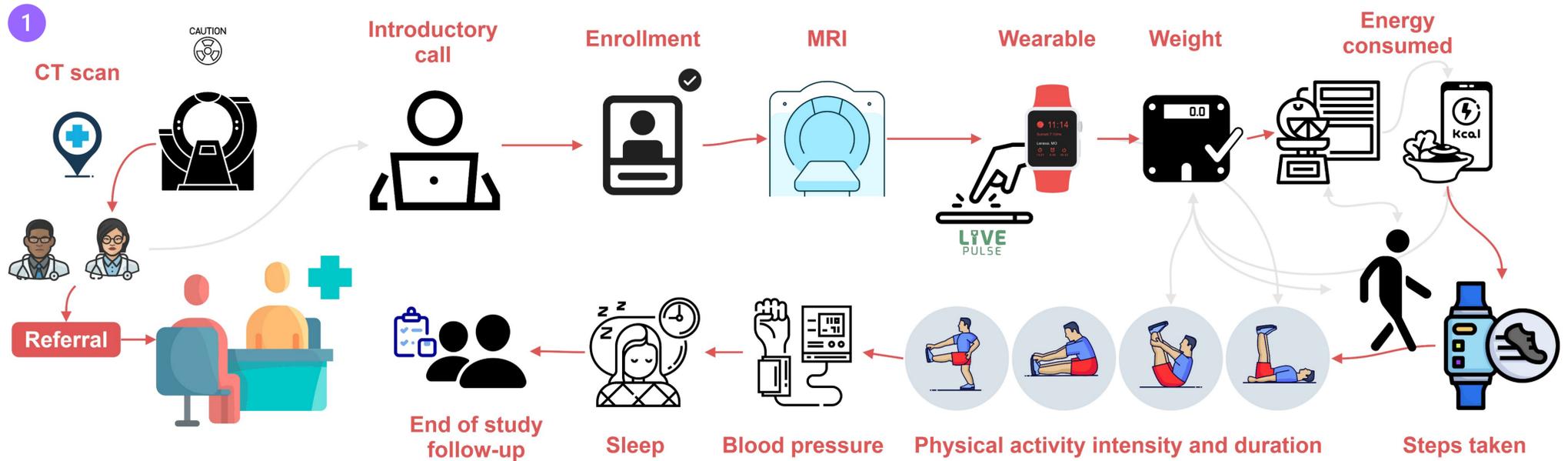
Revolutionizing Cardiovascular Health

Assessing the Impact of Intensive Lifestyle Interventions on CVD population with Low Attenuation Plaque (LIVEPLUS protocol)

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Background: The increasing prevalence of atherosclerotic cardiovascular diseases, a major cause of global morbidity underscores the untapped potential of intensive lifestyle interventions as a multifaceted strategy to transform disease progression and enhance cardiovascular health.

Objective: LIVEPLUS aims to compare the effects of a 12-month intensive lifestyle intervention program (ILP) with a standard program involving optimal medical therapy (OMT) on low-attenuation plaque (LAP) volume and myocardial perfusion in a randomized controlled trial (RCT) setting.



Access the study protocol by scanning the QR code



Cassidy S, Kroeger CM, Wang T, Mitra S, Liu C, Ribeiro RV, Dai A, Lau J, Huang R, Masedunkas A, Jose S. Impact of an intensive lifestyle program on low attenuation plaque and myocardial perfusion in coronary heart disease: a randomised clinical trial protocol. *Nutrition and Healthy Aging*. 2022 Jan 1;7(1-2):9-22.

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