**Participant Flow**

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**Baseline Characteristics:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Intervention (n=54) | Control (n=52) | P |
| Age | 76.5±3.4 | 76.2±3.8 | 0.717 |
| Sex -Male -Female | 37 (68.5%)17 (31.5%) | 27 (51.9%)25 (48.1%) | 0.081 |
| Barthel Index | 98.7 ± 2.8 | 97.1 ± 5.3 | 0.063 |
| Pfeiffer’s SPMSQ | 0.7 ± 1.0 | 0.9 ± 1.0 | 0.405 |
| Charlson Index | 2.2 ± 1.2 | 2.1 ± 1.4 | 0.724 |
| Hypertension | 37 (68.5%) | 37 (71.2%) | 0.768 |
| Dyslipidaemia | 33 (61.1%) | 37 (71.2%) | 0.275 |
| Diabetes Mellitus II  | 23 (42.6%) | 23 (44.2%) | 0.865 |
| Smoking -Current smoker -Non- smoker | 9 (16.7%)45 (83.3%) | 3 (5.8%)49 (94.2%) | 0.077 |
| History of ishaemic heart disease | 29 (53.7%) | 33 (63.5%) | 0.308 |
| History of cerebrovascular disease | 7 (13%) | 6 (11.5%) | 0.823 |
| Type of ACS: -AMI-STEMI -NSTE-ACS | 13 (24.1%)41 (75.9%) | 13 (25%)39 (75%) | 0.979 |
| Length of hospital stay (days) | 14.9 ± 9.0 | 15.9 ± 12.4 | 0.630 |
| Tests and invasive therapy during hospitalisation: -Coronary angiography -Echocardiography -Myocardial perfusion gammagraphy -Exercise stress test -Coronary bypass surgery -Angioplasty / Stent | 43 (79.6%)41 (75.9%)12 (22.2%)14 (25.9%)4 (7.4%)30 (55.6%) | 36 (69.2%)38 (73.1%)17 (32.7%)20 (38.5%)6 (11.5%)23 (44.2%) | 0.2190.7360.2270.2780.4670.244 |
| Systolic blood pressure (mmHg)Diastolic blood pressure (mmHg)LDL-c (mmol/L)MET’s (h/wk)BMI (kg/m2)HbA1c\* (%) | 142.8 ± 28.169.2 ± 10.8 2.2 ± 0.619.2 ± 19.627.7 ± 4.26.2 ± 1.2 | 139.1 ± 22.771.1 ± 11.22.1 ± 0.721.2 ± 28.729.0 ± 4.06.2 ± 1.3 | 0.4560.3790.5830.6800.1170.809 |
| Antiplatelet and/or anticoagulant ACE inhibitors and/or ARBBeta-blockersStatins | 54 (100%)29 (53.7%)36 (66.7%)47 (87.0%) | 52 (100%)28 (53.8%)35 (67.3%)44 (84.6%) | 1.0000.9880.9440.721 |

Mean ± SD or N(%).

\*Only for the 46 diabetic patients (23 in each group).

ACS: acute coronary syndrome, ACE: angiotensin converting enzyme, AMI-STEMI: acute myocardial infarction with persistent ST-segment elevation, , ARB: angiotensin receptor blocker, BMI: body mass index, HbA1c: glycosylated haemoglobin, LDL-c: low-density lipoprotein-cholesterol, MET’s: metabolic equivalent of task, NSTE-ACS: acute coronary syndrome without persistent ST-segment elevation, SPMSQ: Short Portable Mental State Questionnaire.

**Outcome Measures:**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | 12th month follow-up | p |
| No smoking | Usual care (control group)Interventnion group | 96.2 %96.3 % | 0.969 |
| Blood pressure < 140/90mmHg | Usual care (control group)Interventnion group | 42.3 %68.5 % | **0.007** |
| LDL < 2.6 mmol/l | Usual care (control group)Interventnion group | 78.8 %96.3 % | **0.006** |
| MET’s ≥ 6 h/wk | Usual care (control group)Interventnion group | 67.3 %85.2 % | **0.030** |
| BMI < 25 kg/m2 | Usual care (control group)Interventnion group | 17.3 %25.9 % | 0.282 |
| HbA1c < 7% (in diabetic patients) | Usual care (control group)Interventnion group | 60.9 %87 % | **0.044** |

**Adverse Events:**

There were no adverse events associated with this trial.