

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

Clinical Trials Of Comparative Effect Exercise And Atorvastatin Drug Upon Natriuretic Peptides In Cardiovascular Patients

Protocol summary

Summary

The Aim of this Study is to Investigate the Effect of 12 Weeks of Water Aerobic Exercise and Atorvastatin drug on ANP and BNP in older Men With Cardiovascular diseases. Inclusion Criteria: Cardiovascular Patients With At least 30% Stenosis And a History Of Hospital Admission Have to be Considered Criteria Were Selected. Exclusion Criteria: Not respecting the Recommendations of the Study, the Researchers, Causing Serious Illness or lack of Desire to Continue Research Will be Considered. In this study, We chose 40 patients with cardiovascular Disease that Will be Divided in to four groups. Experimental groups Shall be Select exercise 3 times per weeks during 3 months with the method of walking on the Water and Carnal Swimming. The Results Will expressed as the mean \pm sd, and all Statistical comparisons were made by means of a one-way ANOVA test, followed by Tukey's Post-Hoc analysis. We Will conclude that the Effect of Exercise and Intervention taking Atorvastatin to Reduction ANP and BNP Followed by the reduction of Disease cardio - vascular and improve cardiovascular function.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017060633030N2**
Registration date: **2017-06-15, 1396/03/25**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-06-15, 1396/03/25

Registrant information

Name

Mohsen Davoodi

Name of organization / entity

Medical Science Of Shiraz University

Country

Iran (Islamic Republic of)

Phone

+98 71 3212 2313

Email address

mdavoodi827@gmail.com

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2017-06-10, 1396/03/20

Expected recruitment end date

2017-07-11, 1396/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical Trials Of Comparative Effect Exercise And Atorvastatin Drug Upon Natriuretic Peptides In Cardiovascular Patients

Public title

Intervention of Exercise and Atorvastatin Drug On Heart Natriuretic peptides.

Purpose

Other

Inclusion/Exclusion criteria

Inclusion Criteria; Cardiovascular Patients With At least 30% Stenosis And a History Of Hospital Admission Have to be Considered Criteria Were Selected. Exclusion Criteria; Not respecting the Recommendations of the Study, the Researchers, Causing Serious Illness or lack of

Desire to Continue Research Will be Considered.

Age

From **50 years** old to **65 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Will be Select At Random and Targeted Sampling Method and Randomly Shall be Divided in to Four Groups

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Shiraz University of Medical Sciences

Street address

ZAND Boulevard; Central Department of Medical Science of Shiraz; State 5 ;Mohsen Davoodi; Radiology Department

City

Shiraz

Postal code

7134814336

Approval date

2017-01-06, 1395/10/17

Ethics committee reference number

11917-95

Health conditions studied

1

Description of health condition studied

CHD

ICD-10 code

I25.2

ICD-10 code description

Chronic ischaemic heart disease

Primary outcomes

1

Description

Brain Natriuretic Peptides

Timepoint

Pre Intervention and 12 Weeks Post Intervention

Method of measurement

Pg/ML With ELISA Method

2

Description

Atrum Natriuretic Peptides

Timepoint

Pre Intervention and 12 Weeks Post Intervention

Method of measurement

Pg/ML With ELISA Method

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group: Atorvastatin Drog,Hydroxy methyl Glutarat , 14 Hours Half Life, 20 Mg- One Dose Per Day, For 12 Weeks,After dinner will be eaten, LOGHMANDrug Company

Category

Treatment - Drugs

2

Description

Intervention Exercise Group: Aerobic Exercise Including Walking on the water and Carnal swimming, For 12 Weeks,Three Sessions of Exercise per Week, 50 to 65 % Intensity VO2 Max,Controlled with Polar Heart Rate

Category

Rehabilitation

3

Description

Intervention Group,Exercise and Atorvastatin:Aerobic Exercise Including Walking on the water and Carnal swimming, For 12 Weeks,Three Sessions of Exercise per Week, 50 to 65 % Intensity VO2 Max,Controlled with Polar Heart Rate; Atorvastatin Drog,Hydroxy methyl Glutarat , 14 Hours Half Life, 20 Mg- One Dose Per Day, For 12 Weeks,After dinner will be eaten, LOGHMANDrug Company;

Category

Treatment - Other

4

Description

Control Group: Without Exercise and Without Taking medication.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Medical Science Of Shiraz, Namazi Hospital

Full name of responsible person

Mohsen Akbari

Street address

References Laboratory, Namazi Hospital of Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Medical Science of Shiraz

Full name of responsible person

Dr,Mohsen Davoodi

Street address

Zand Boulevard; 5 State In Medical Science University of Shiraz; Radiology Group

City

Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Medical Science of Shiraz

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Medical Science of Shiraz

Full name of responsible person

Dr,Mohsendavoodi

Position

Manager of Department of Fars Radiology

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Dr,Mohsen davoodi

Position

PHD of Cardio vascular Sport Physiology

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Name of organization / entity

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Full name of responsible person

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Position

PHD of Cardiovascular Sport Physiology

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty