



## Letter to the Editor

## Letter regarding the article: Changes in BNP and cardiac troponin I after high-intensity interval and endurance exercise in heart failure patients and healthy controls



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#### To the Editor,

We have read with a great interest the article of Benda et al. [1] recently published in the International Journal of Cardiology on the changes in B-type natriuretic peptide (BNP) and cardiac troponin (cTn) after high-intensity interval and endurance exercise in heart failure patients and healthy controls. The authors found that exercise-induced changes in cTn and BNP were similar between isocaloric bouts of high-intensity interval exercise (HIIE) and continuous endurance exercise (CONT) in patients with stable chronic heart failure (CHF). In their first objective study, the authors stated that: to date, no previous study has compared changes in cTn and BNP between CONT and HIIE in CHF patients. In fact, our research group has previously published a similar work on this topic [2]. We have also demonstrated that cTn and BNP did not increase

20 min and 24 h after an isocaloric HIIE and CONT session in stable CHF patients [2]. Our research group has also demonstrated that cTn did not increase 20 min and 24 h after an isocaloric HIIE and CONT session in patients with stable coronary heart disease [3]. Finally, regarding the potential excessive cardiac load during HIIE in stable CHF patients, previous studies have demonstrated similar cardiac hemodynamics responses during acute HIIE and CONT [4,5], reinforcing safety issues about HIIE in CHF patients.

#### Conflict of interest

The authors report no relationships that could be construed as a conflict of interest.

#### References

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