



UbudCare

Coronary Artery Disease

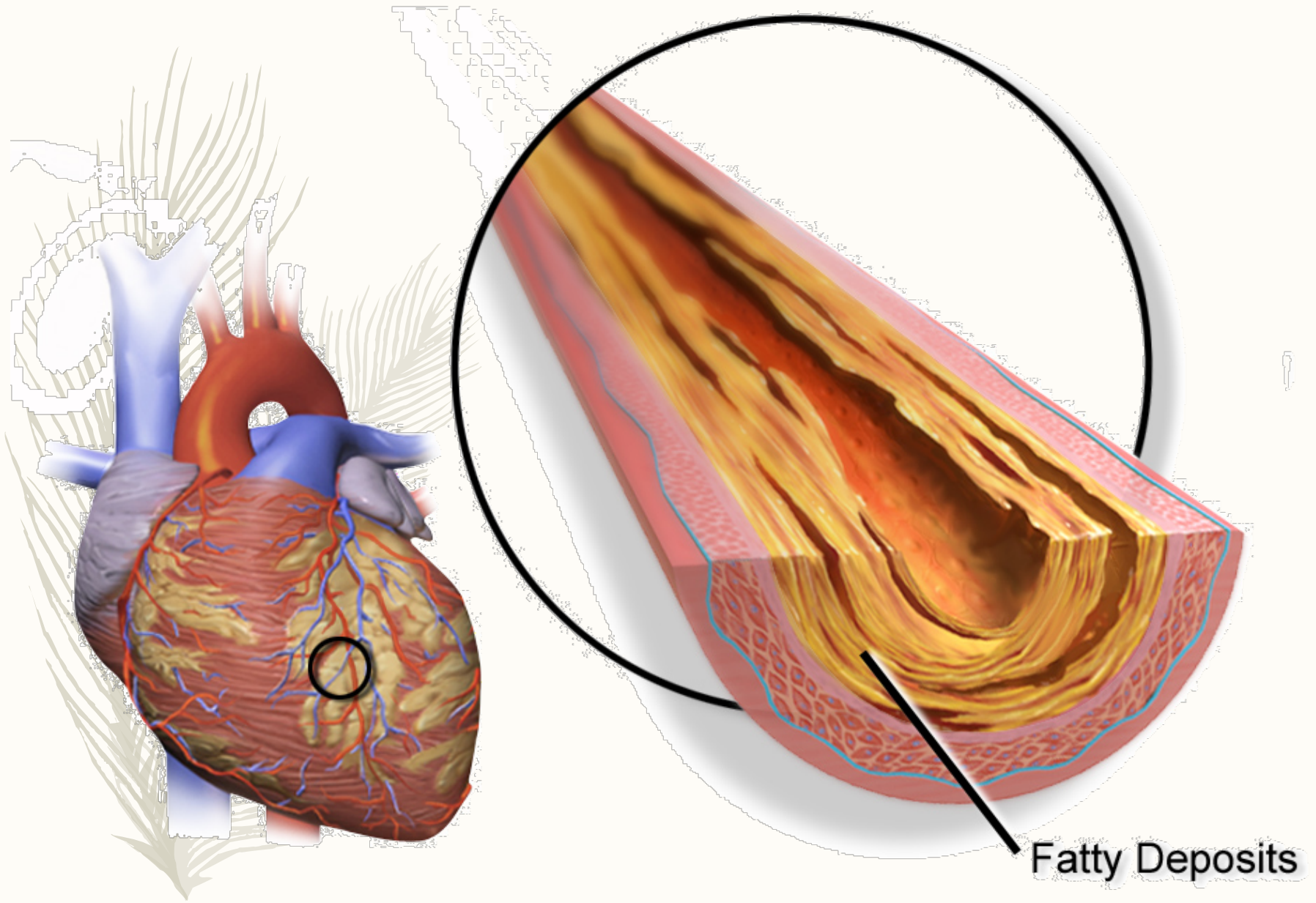
dr. Putra Antara, Sp.JP

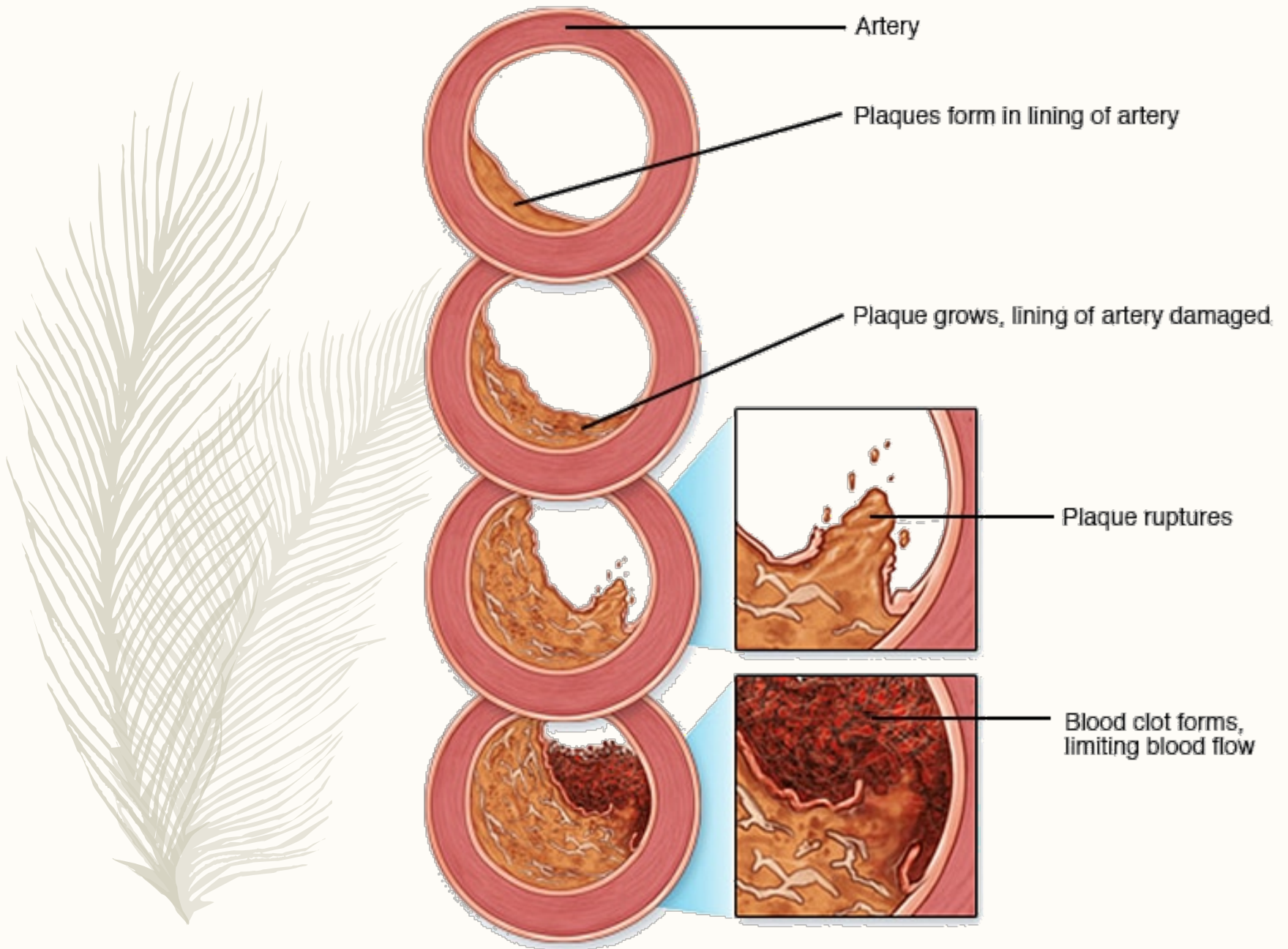
December 2019

What's Coronary Disease?

Normal Heart







Heart Attack Risk Factors

Diabetes

130
mg/dl



High Blood Pressure



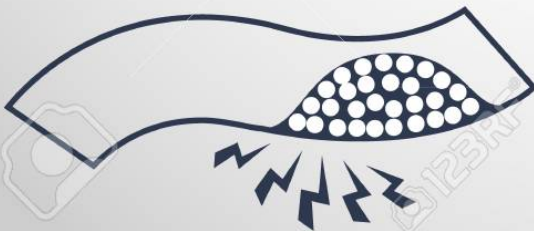
Overweight



Smoking



High Cholesterol



Family History

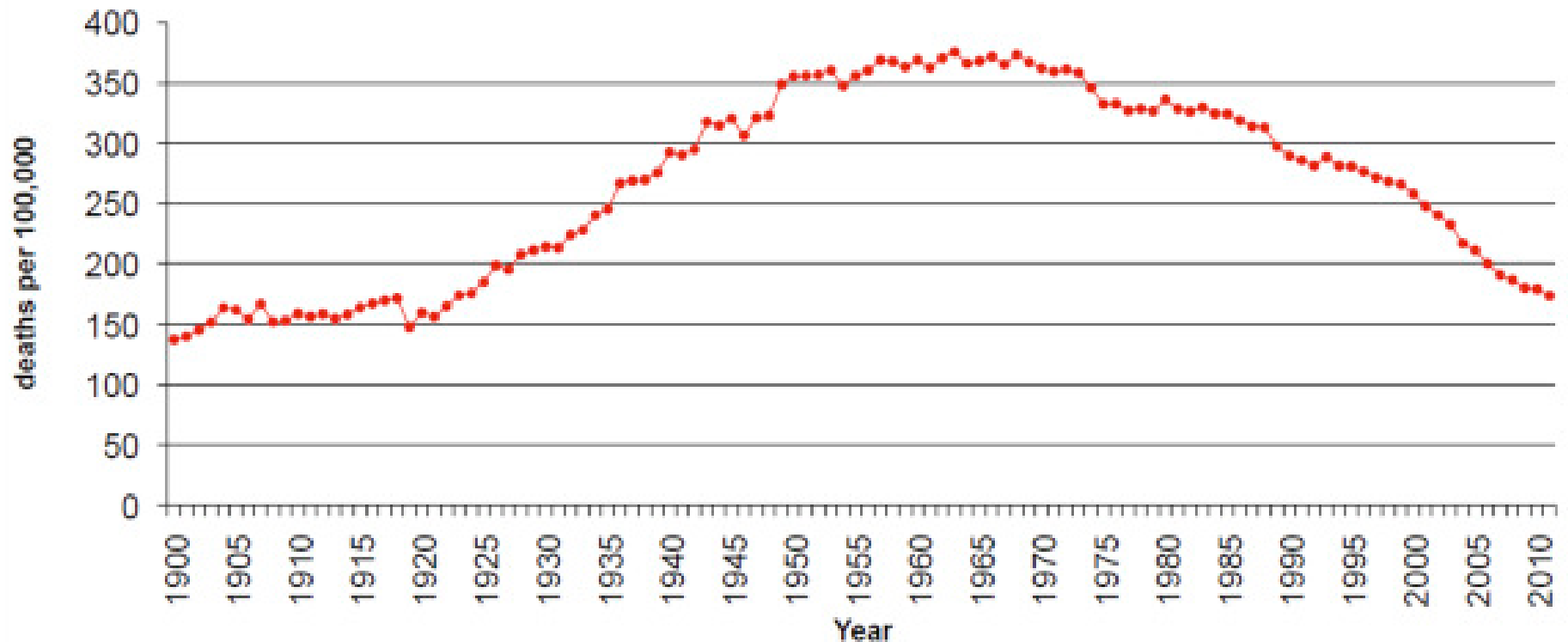


The Burden of CAD



Death from Heart Disease

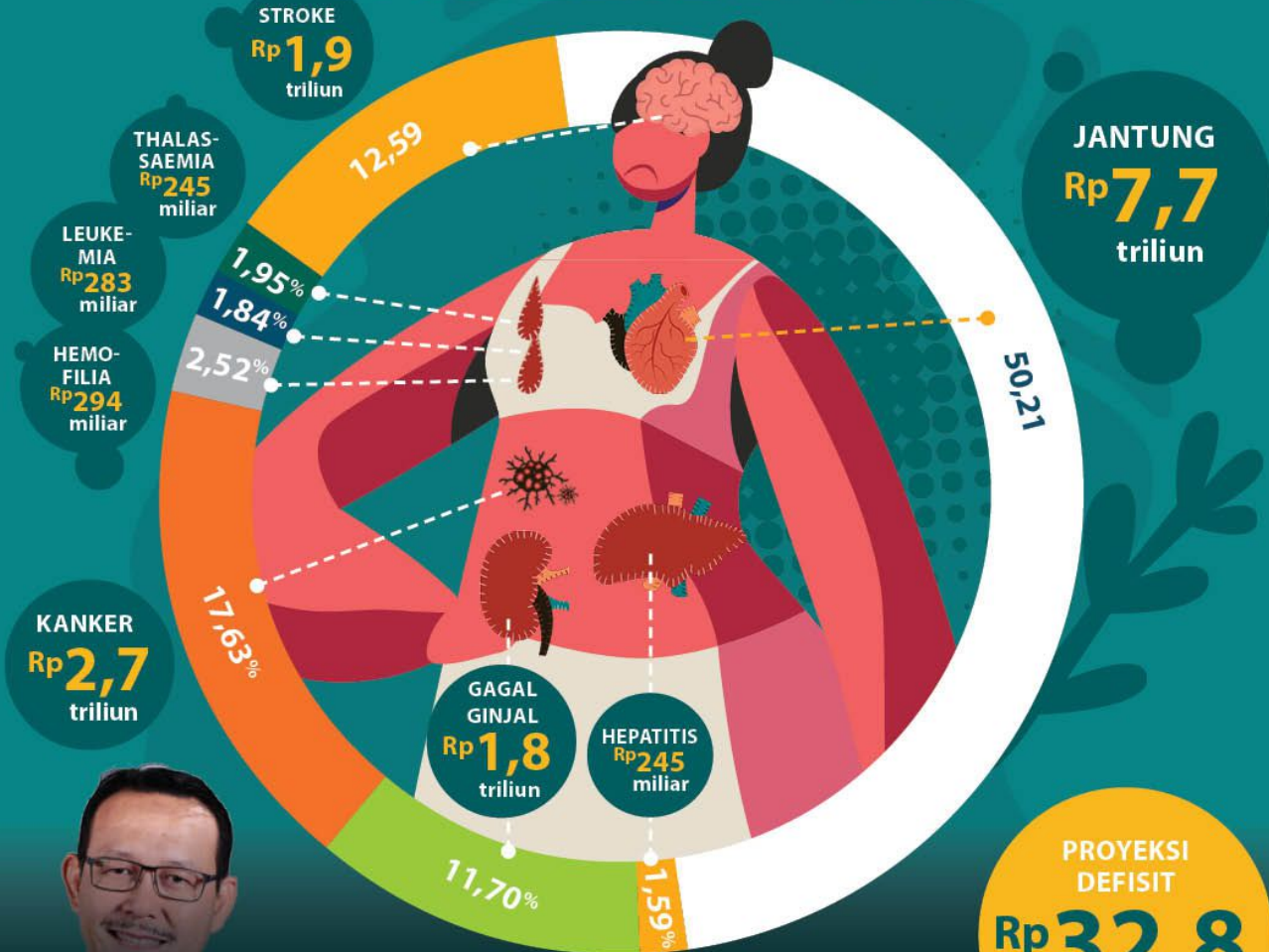
Heart Disease - age and sex adjusted death rates for the USA (1900-2011)





HEALTH INFO

8 Penyakit Bikin Tekor BPJS KESEHATAN



“Proyeksi sekitar 32,8 triliun akan defisit di akhir tahun 2019”

Fachmi Idris, Direktur Utama BPJS Kesehatan

Cardiovascular disease is the leading cause of death worldwide



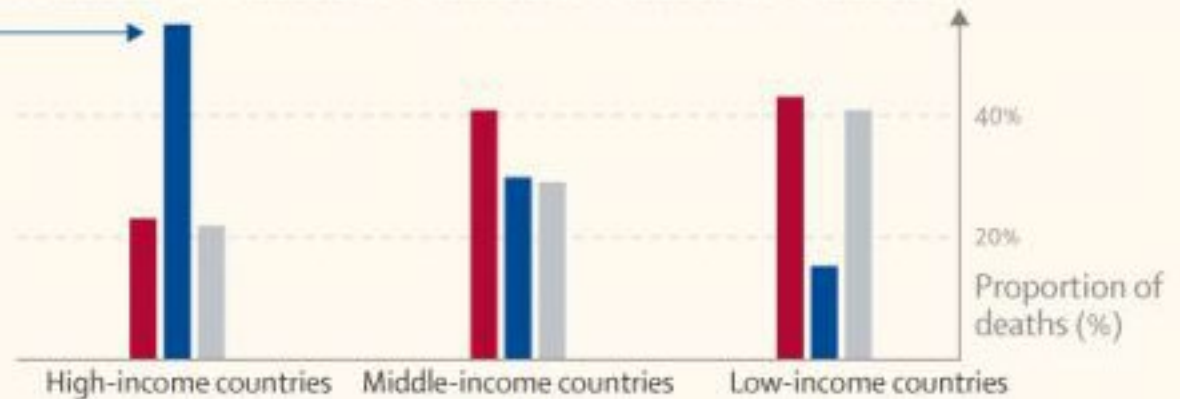
17.7 million deaths

Cancer

All other causes

100% of deaths globally

But in high-income countries, **cancer** causes twice as many deaths as **cardiovascular disease**



For more, visit www.thelancet.com

- Modifiable risk factors, cardiovascular disease, and mortality in 155 722 individuals from 21 high-income, middle-income, and low-income countries (PURE)
- Variations in common diseases, hospital admissions, and deaths in middle-aged adults in 21 countries from five continents (PURE): a prospective cohort study

Diagnosis of CAD



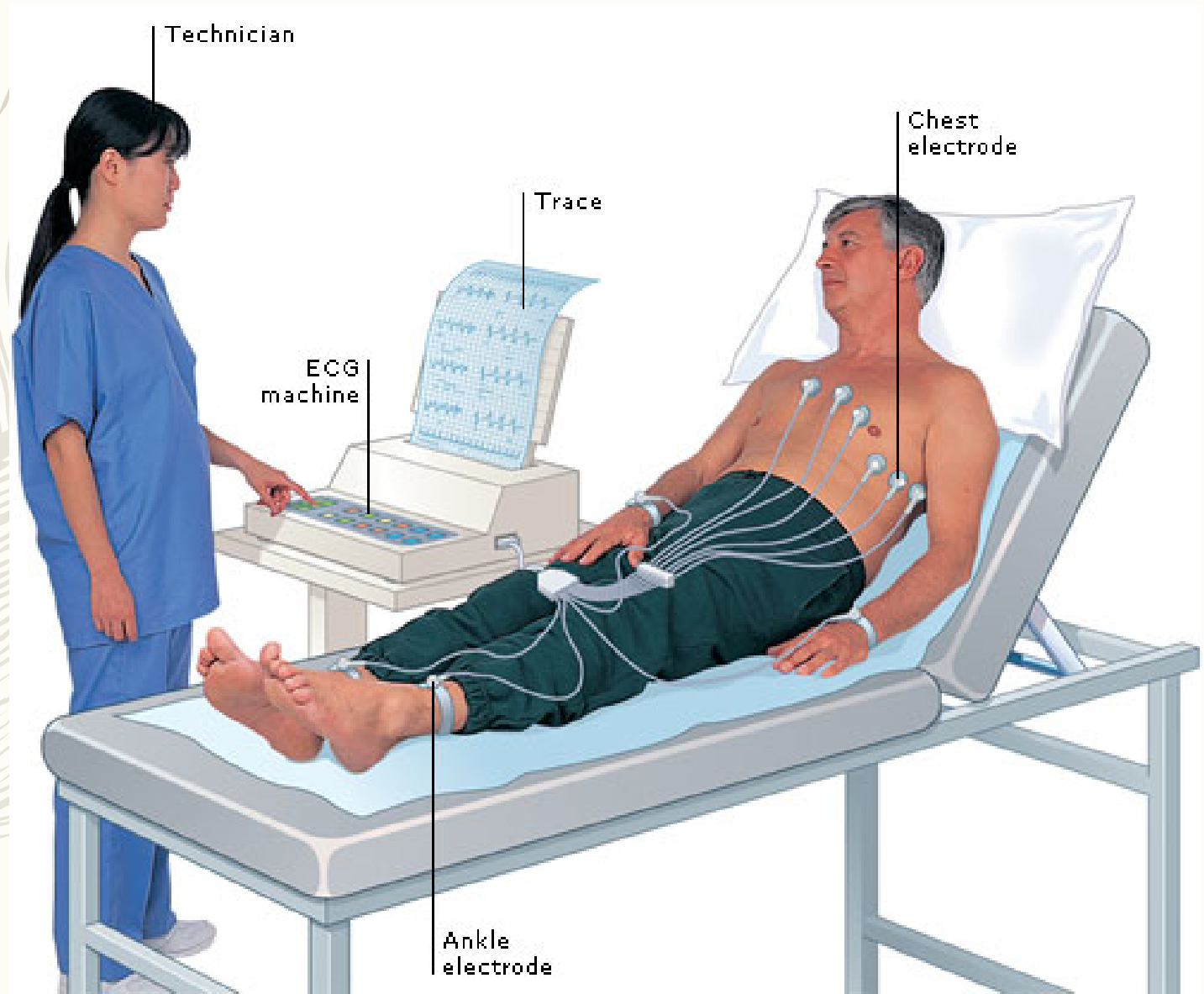
The Classical Presentation



“Typical” Angina Pectoris

1. Substernal chest discomfort of **characteristic quality** and **duration**
2. **Provoked** by exertion or emotional stress
3. **Relieved** by rest and/or nitrates

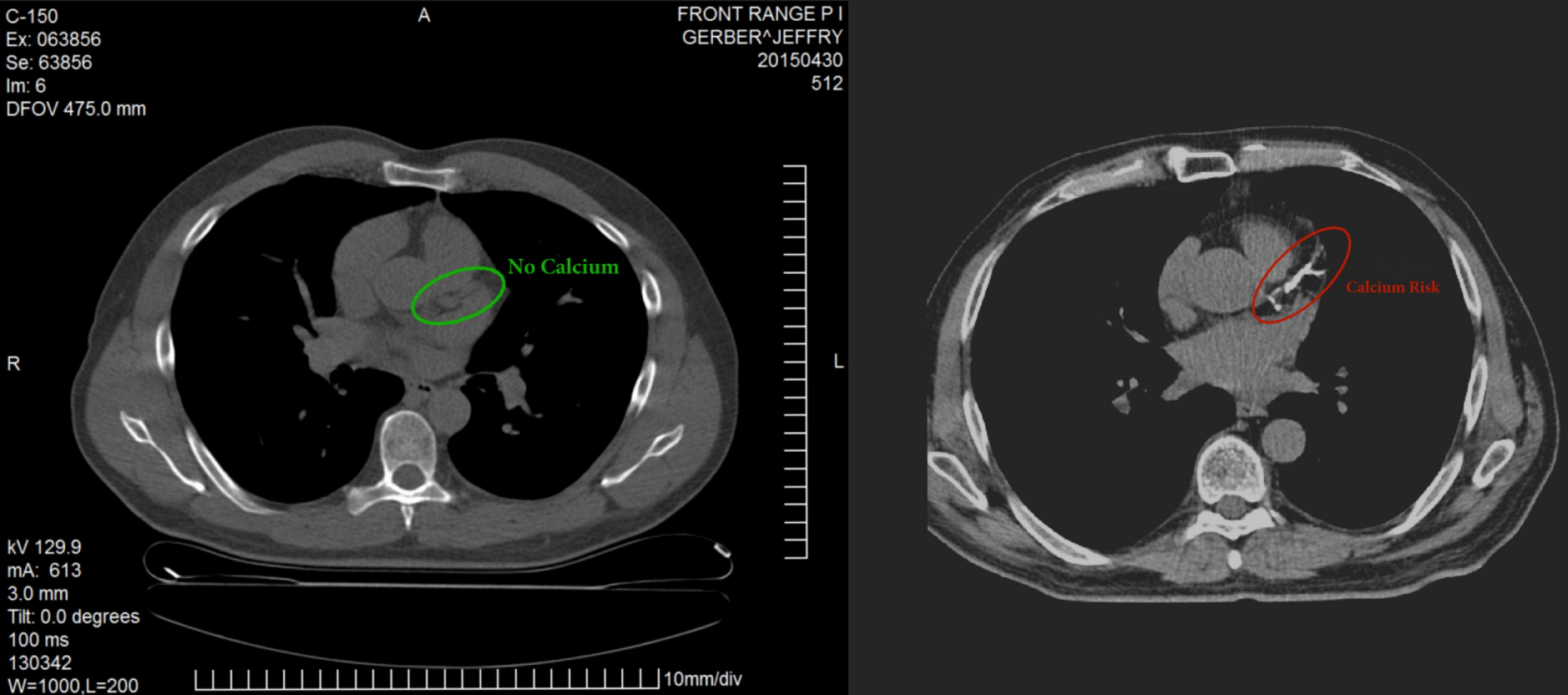
Electrocardiogram (ECG)



Treadmill Stress Test

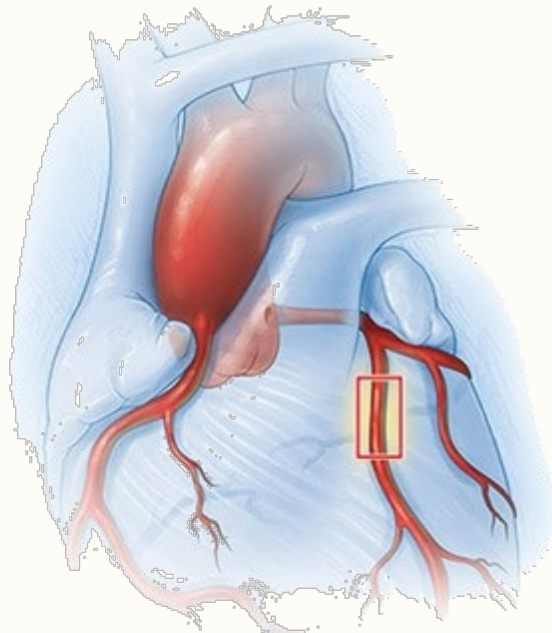


Coronary Calcium Scoring

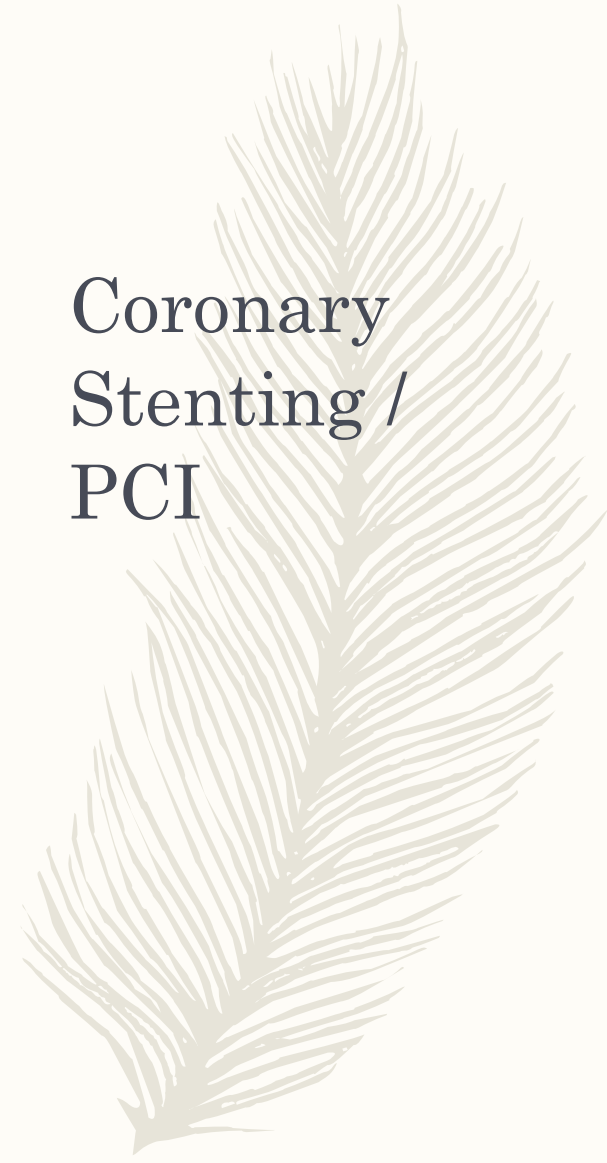
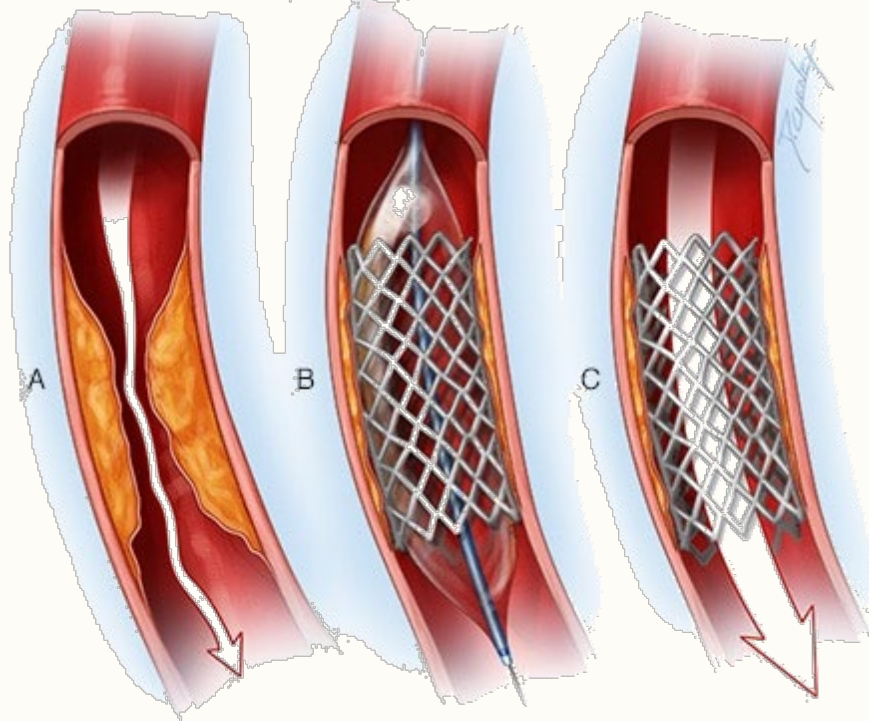


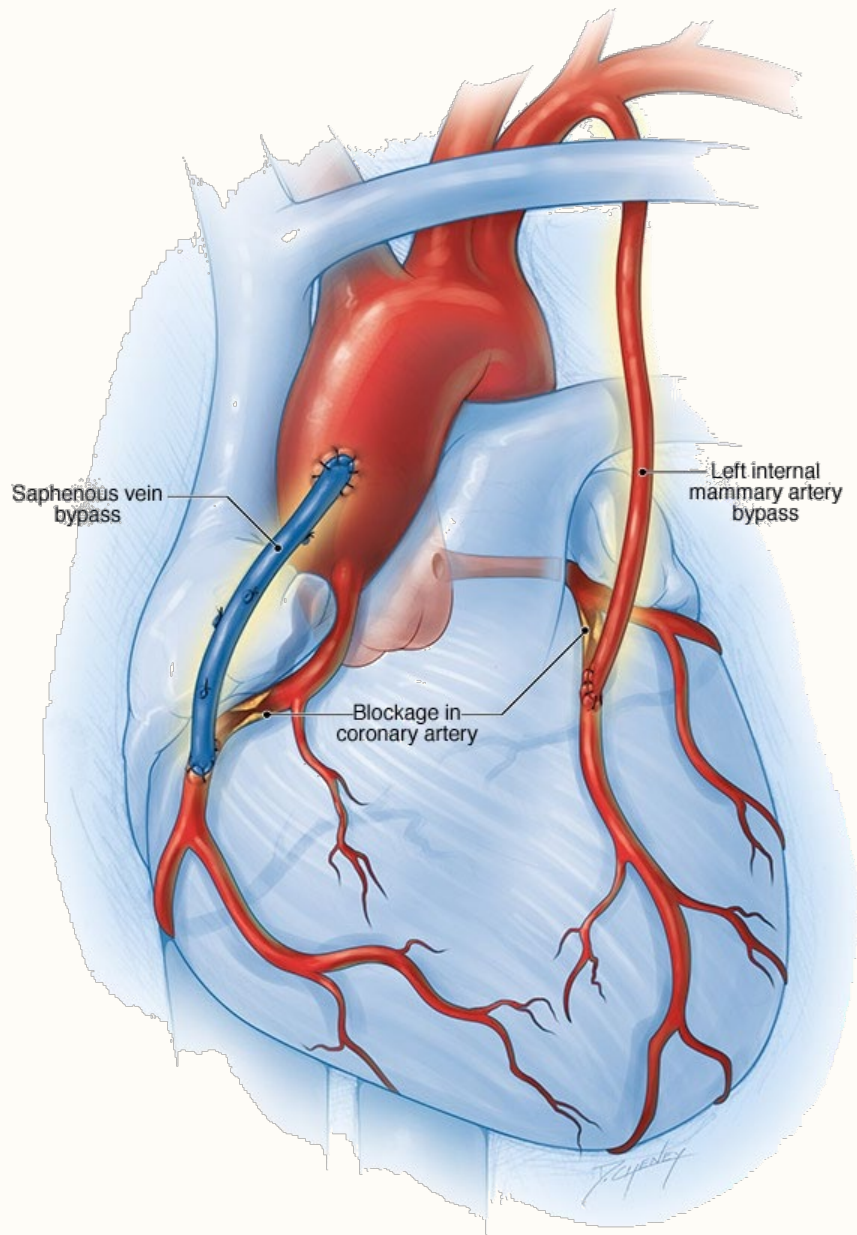
Treatment of CAD or Heart Attack



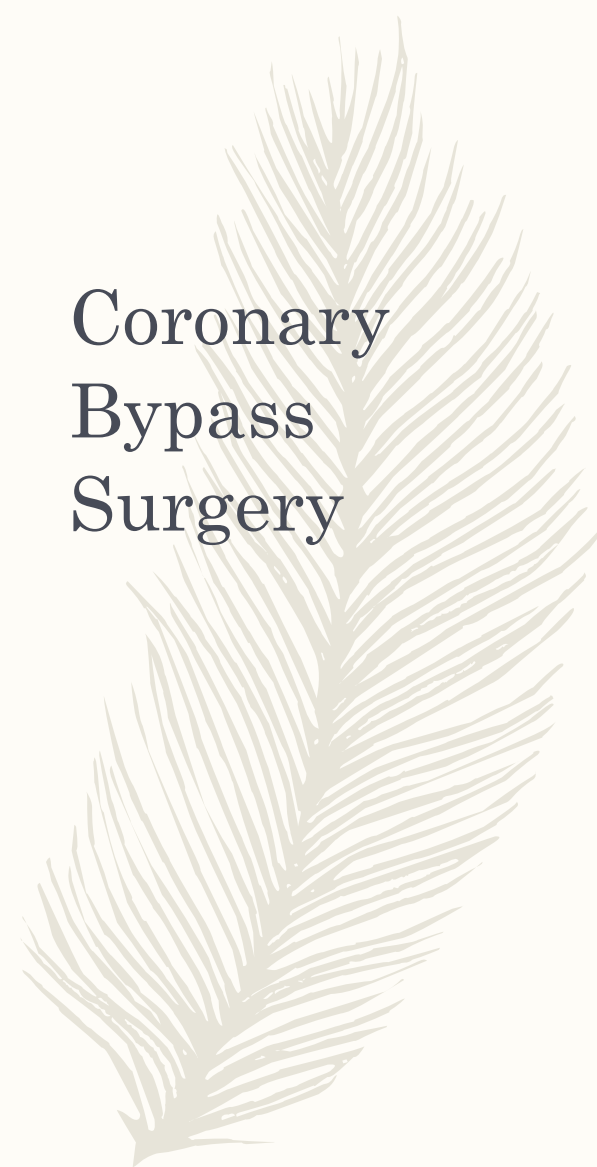


Coronary Stenting / PCI





Coronary Bypass Surgery



Important Distinction



Coronary
artery disease

Plaque builds up in an artery

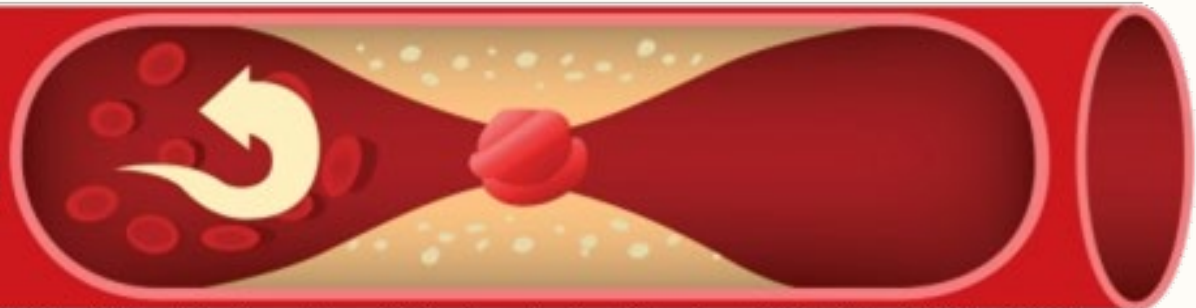
Angina



It is harder
for blood to
get through
the artery

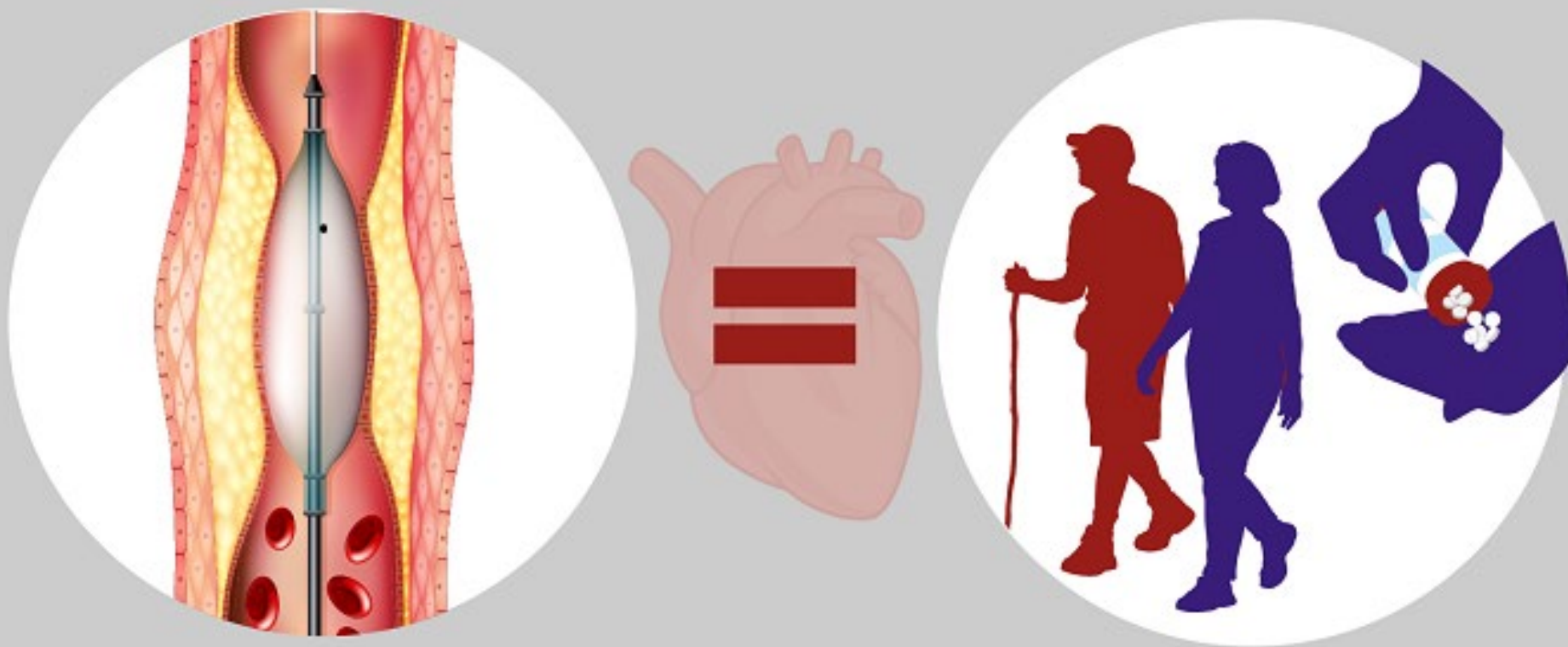
Heart attack

Plaque cracks and a blood
clot blocks the artery



ISCHEMIA TRIAL

Results from nearly 5200 patients with stable coronary artery disease showed that an invasive approach **did not significantly reduce major cardiovascular events** compared with a conservative strategy.



Prevention





American Heart Association.

Healthy for Good™

○ | **BE HEALTHY FOR GOOD WITH** | +
LIFE'S SIMPLE 7 | ○

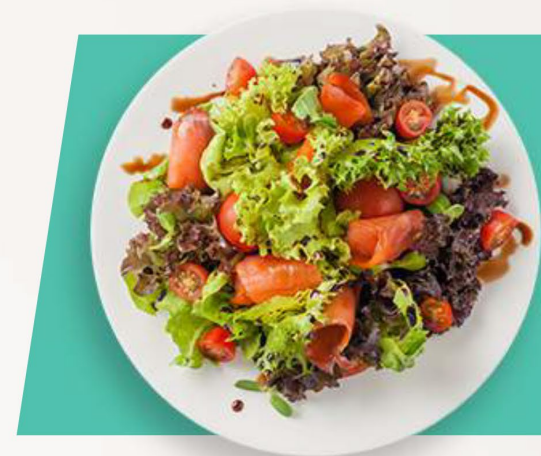


GET ACTIVE

Try to get at least 150 minutes per week of moderate aerobic exercise or 75 minutes per week of vigorous exercise (or a combination of both), preferably spread throughout the week. Even short bursts of exercise can be beneficial, and all those little steps will lead to big gains in the long run.⁴

EAT BETTER

Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats and salt.¹





LOSE WEIGHT

Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.⁵

CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol!^{2, 6}





MANAGE BLOOD PRESSURE

Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in arteries is higher than it should be, a condition known as high blood pressure. Stress and poor diet have both been linked to high blood pressure, so it's important to be well and eat smart to help positively influence your blood pressure numbers.^{1,7}

REDUCE BLOOD SUGAR

Blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat, so it's important to eat smart. Cut out added sugars by checking nutrition facts labels and ingredients, limiting sweets and sugary beverages, choosing simple foods over heavily processed ones and rinsing canned fruits if they are in syrup.¹ And you can move more, because moderate-intensity aerobic physical activity can also help your body respond to insulin.⁸





STOP SMOKING

Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop. Moving more can help you on your journey, since physical activity can help you manage stress.⁹

LEARN MORE AT
[HEART.ORG/MYLIFECHECK](https://www.heart.org/mylifecheck)

Take Home Messages



- Coronary Artery Disease is a very common disease, **especially among the elderly.**
- Symptoms of a heart attack needs to be **identified properly** for appropriate treatment
- Adopting a positive lifestyle is **never** too late.