

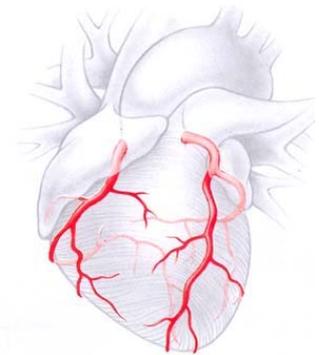
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ALL BLOCKS DO NOT REQUIRE BYPASS

Ludhiana (India): Many die of heart attack without any blocked arteries and many with 90 percent blocks in all three major coronaries never have a heart attack. It was thought that more the blockage in the arteries the higher the risk of heart attack, but today it is known that is not always true. The 30% blockages may be more dangerous than the 95% ones. The 95% blocked artery is more likely to be stable, calcified and compensated by growth of new blood vessels called collaterals and even if such an artery becomes 100% blocked there may be no heart attack because the collaterals provide alternative passages for blood flow just like a bypass graft would do. However a 30 or 40% blockage being fresher is more unstable and more likely to go into spasm or have plaque hemorrhage causing a blood clot to form which can suddenly turn a 30% blockage into a 100% one. This explains why death rate in young patients having a heart attack is higher than that in the elderly and why it is common to meet elderly patients who have survived two or more heart attacks but rare to see a young person who has survived the second heart attack. However, no one has a bypass done for a 30% blockage and yet they are the ones that are the most dangerous.

The good news is that changes in life style facilitate stabilizes the artery. Emotional stress, nicotine in cigarettes and a single meal high in fat and cholesterol can make the arteries constrict and also cause the blood to clot faster. Diet and stress management can very quickly reduce the incidence of heart attacks and sudden cardiac death by stabilizing the arteries quickly. At Sibia Medical Centre after early detection of heart disease with non-invasive mapping of the heart with Cardio-vascular Cartography (CCG) patients can undergo Artery Clearance Therapy (ACT), External Counter Pulsation (ECP) and life style management to help prevent and reverse heart disease without waiting for the disease to increase till angioplasty or bypass surgery are required.

Heart Tips: Decreased blood flow to the heart muscle and not blockages cause anginal chest pain i.e. ischaemic and not anatomical blocks are important.



SOME AMAZING HEART FACTS

30% blocked arteries more dangerous than 90%.

Younger the age more fatal the heart attack.

Lifestyle, ACT & ECP increase survival rate.

Early detection and treatment helps prolong life.

Have CCG hear screening every year after 30 years age