

# *HEART ATTACK TREATMENT*

## *MAIN GOAL*

- 1. Dissolve the clot - clot busters -Fibrinolysis*
- 2. Open the block – Primary Angioplasty*

# Management of acute myocardial infarction



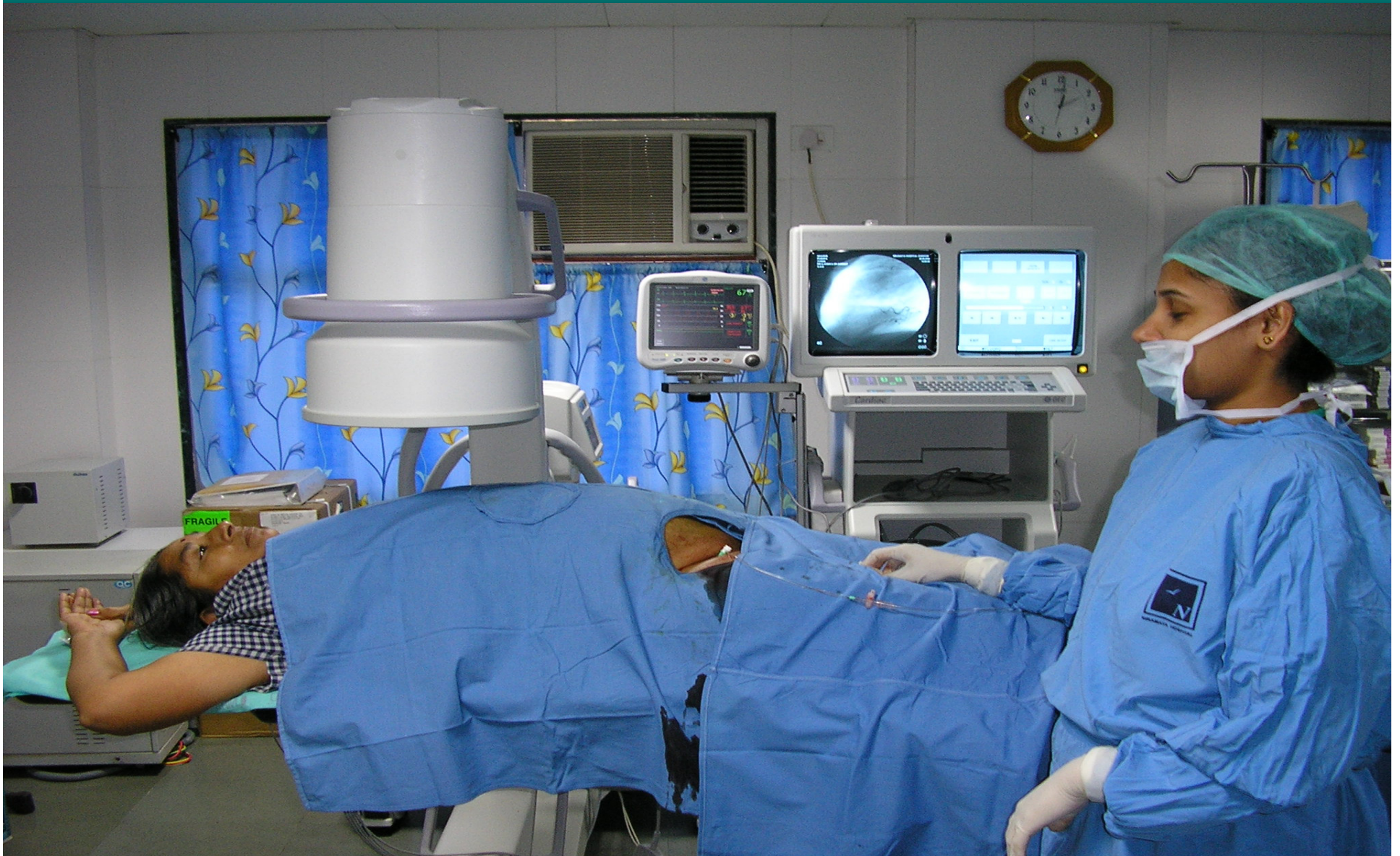
## Aims:

- Prevent death
- Minimise patient's discomfort and distress
- Limit the extent of myocardial damage

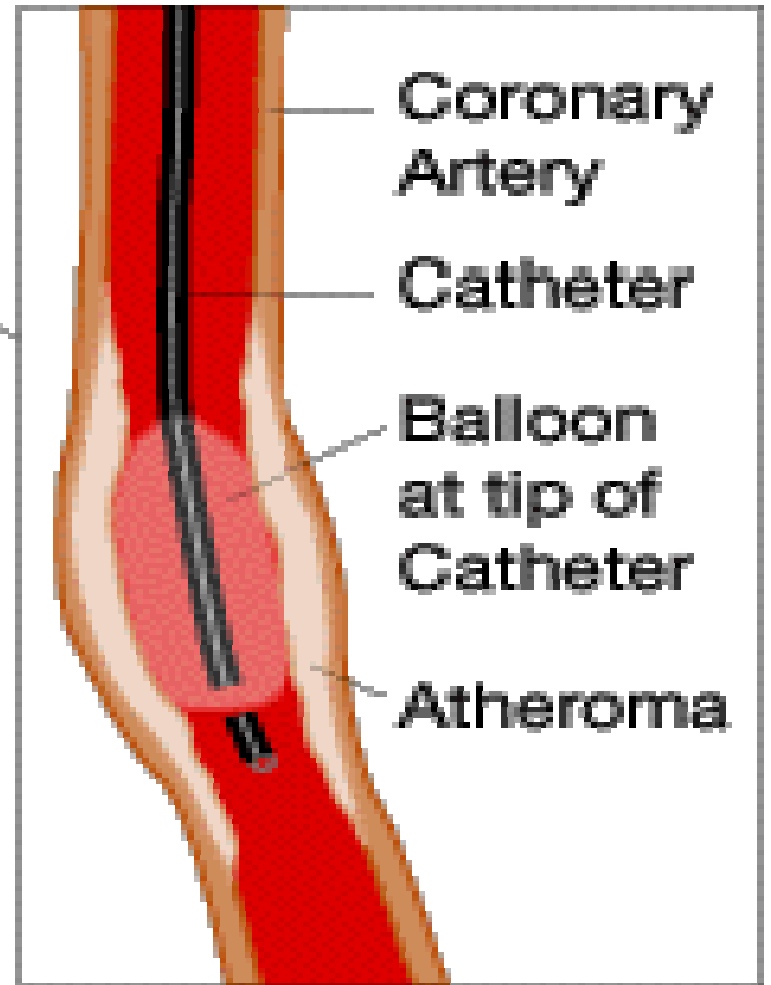
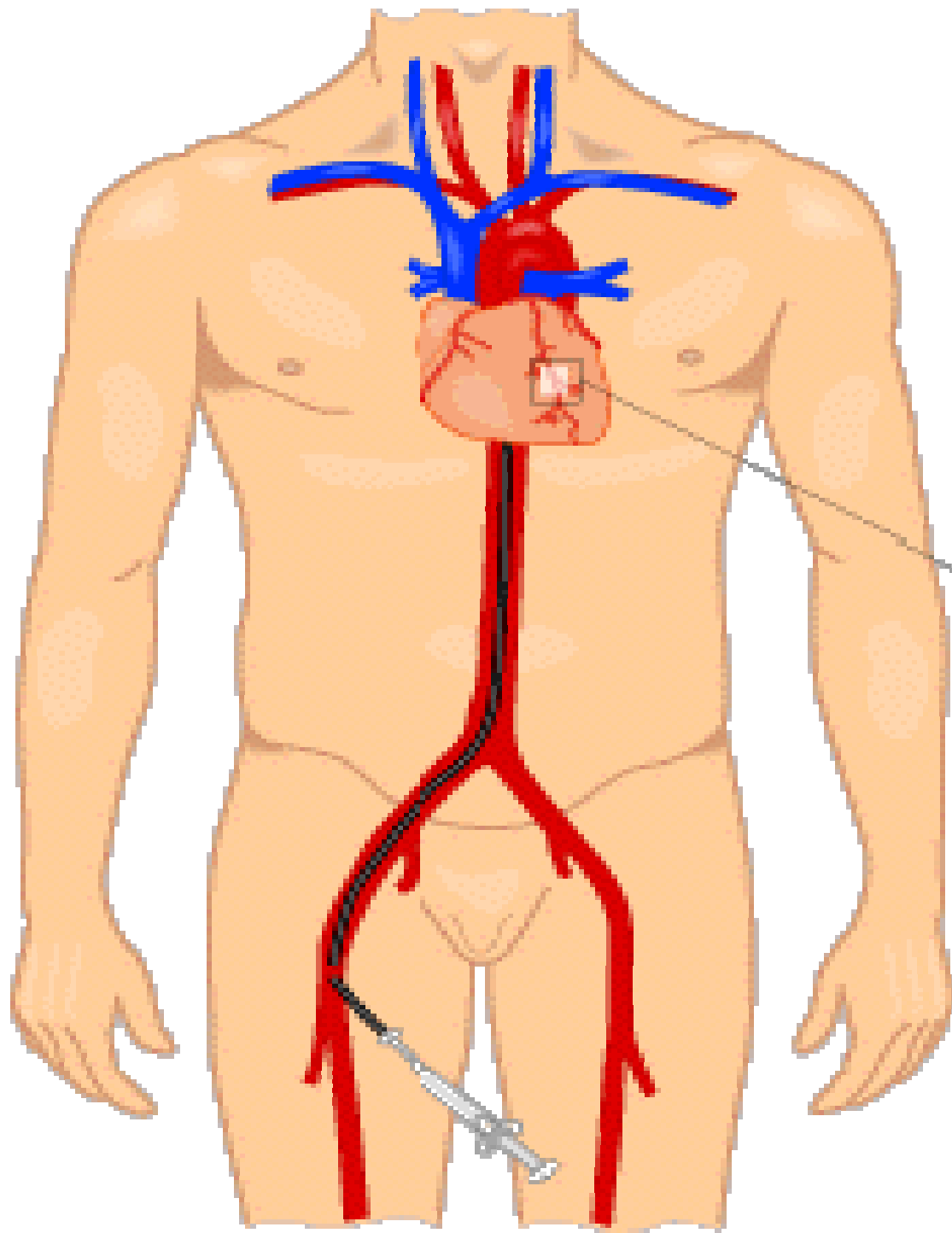
## Strategy:

- Re-establish myocardial reperfusion before irreversible damage occurs:
  - *mechanically (percutaneous coronary intervention)*
  - *pharmacologically (induction of thrombolysis by fibrinolytic agent)*

# Coronary Angiography







Coronary  
Artery

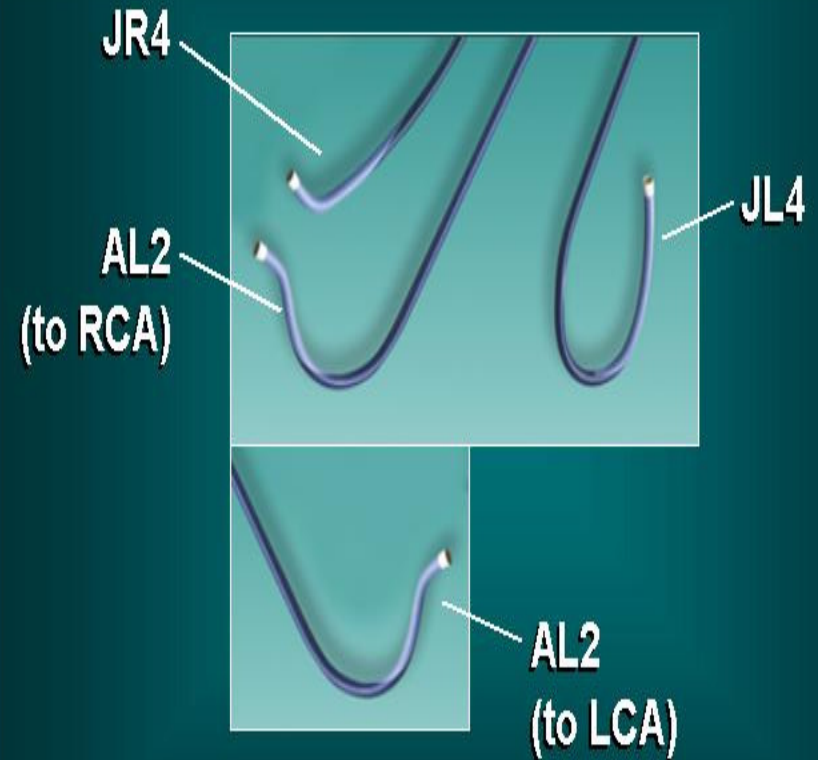
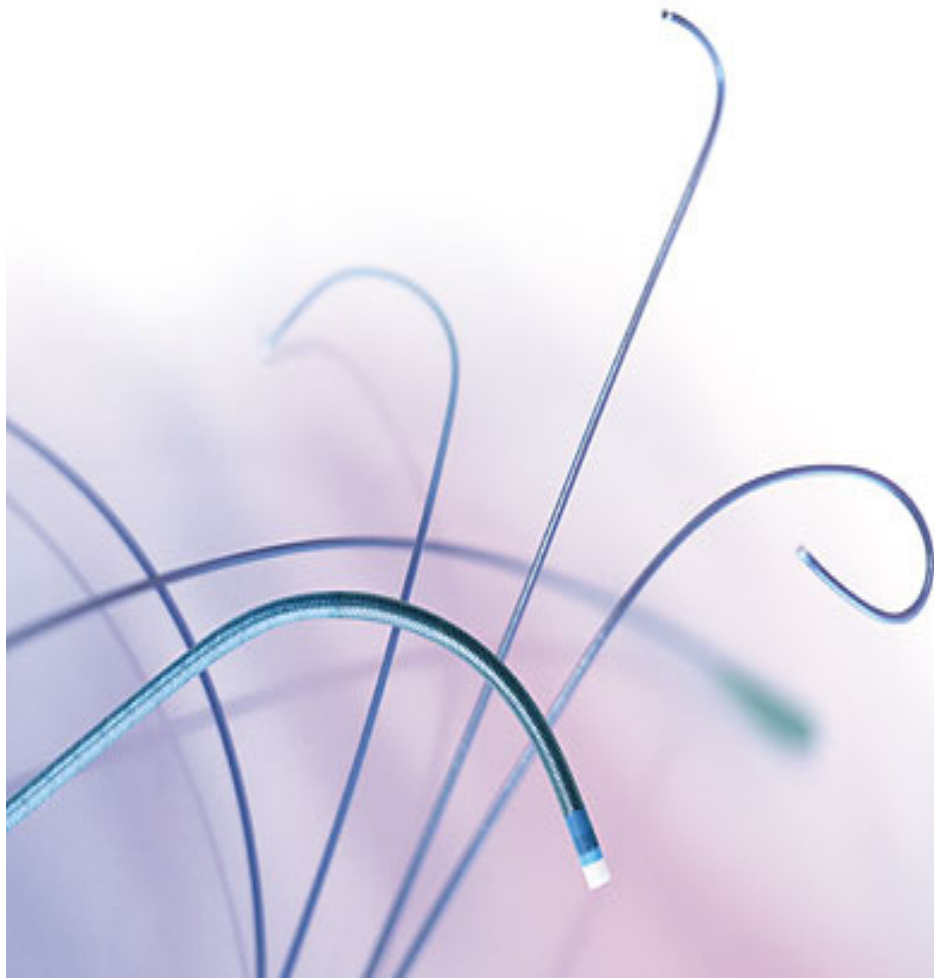
Catheter

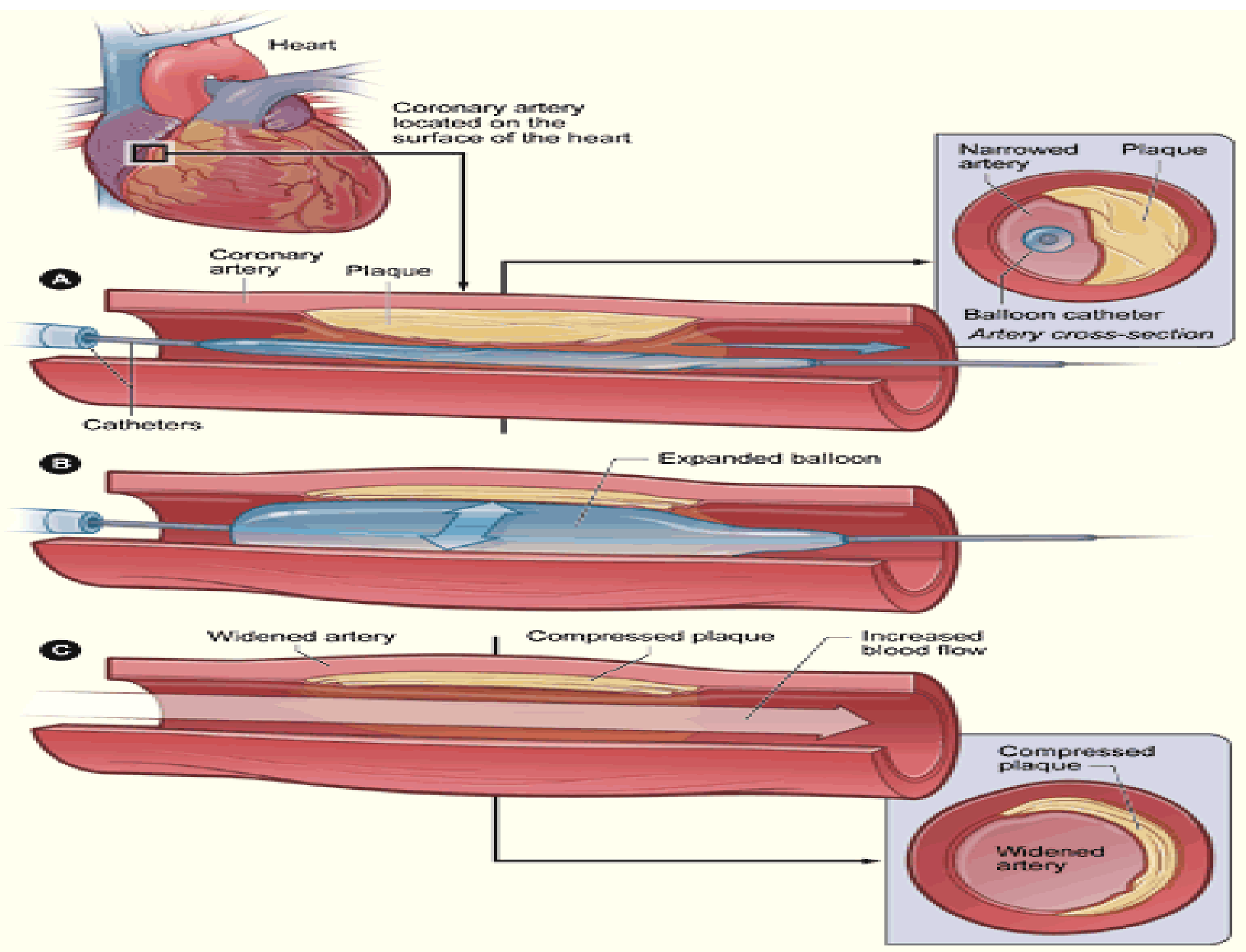
Balloon  
at tip of  
Catheter

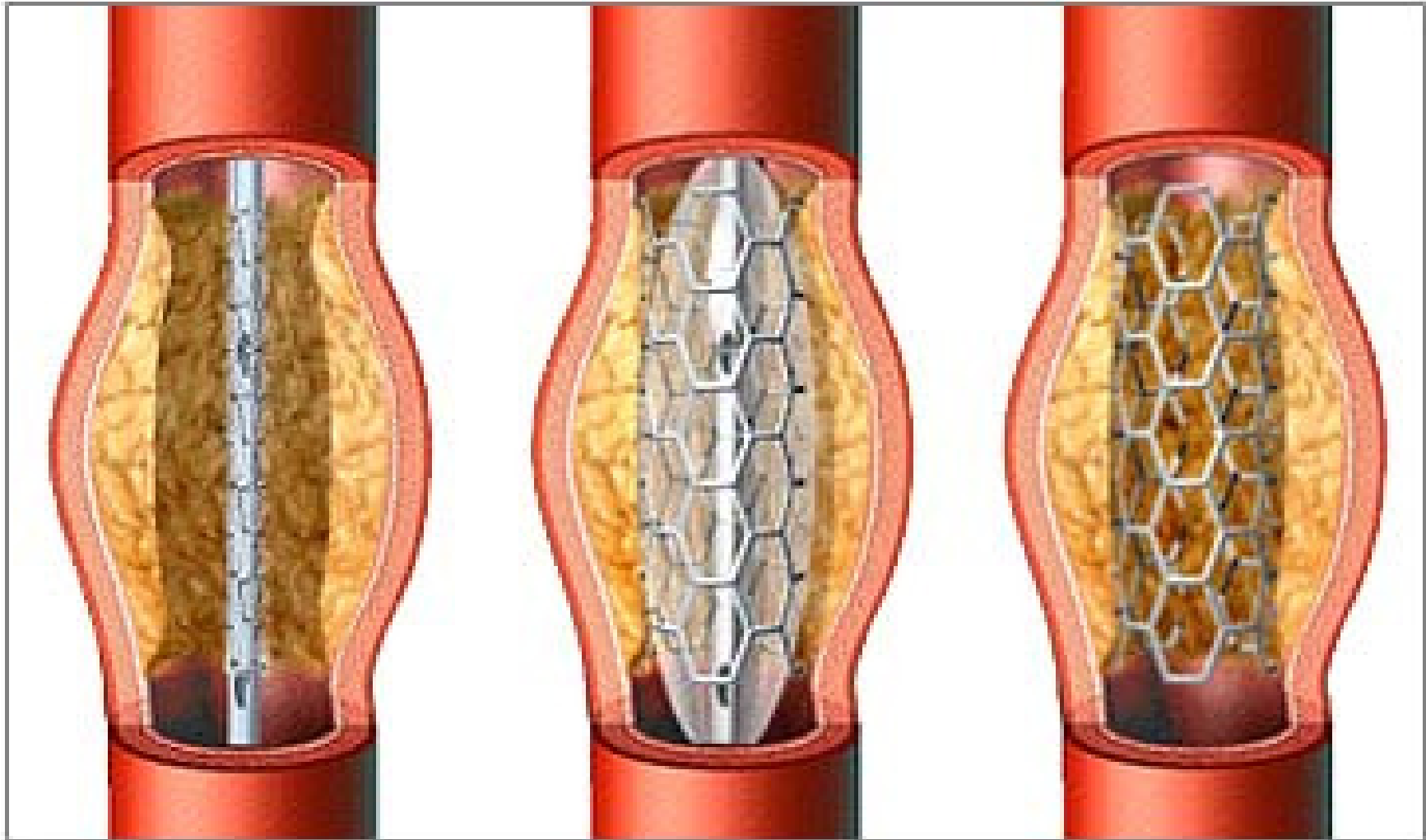
Atheroma

# Coronary Angiography Technique

## Catheters





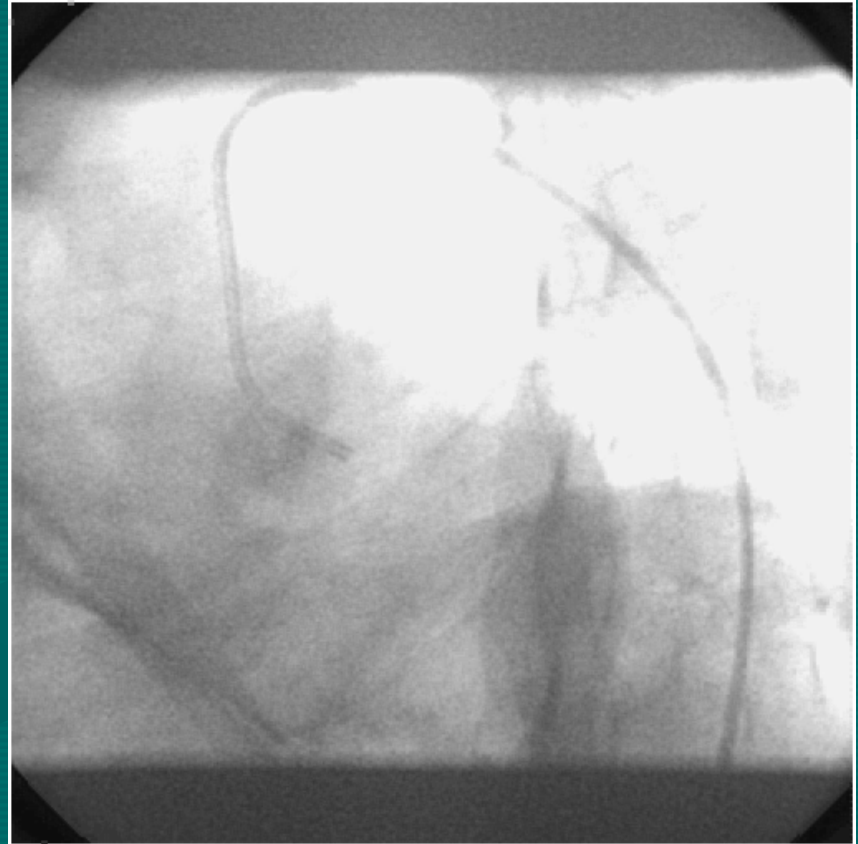
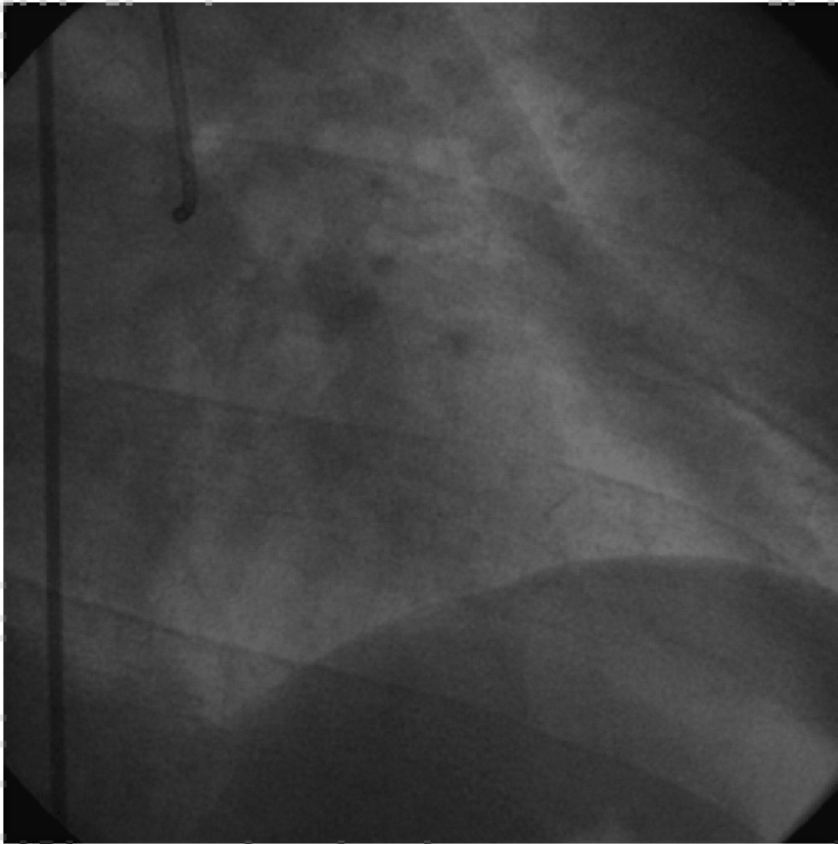


Stent  
insertion

Stent  
expansion

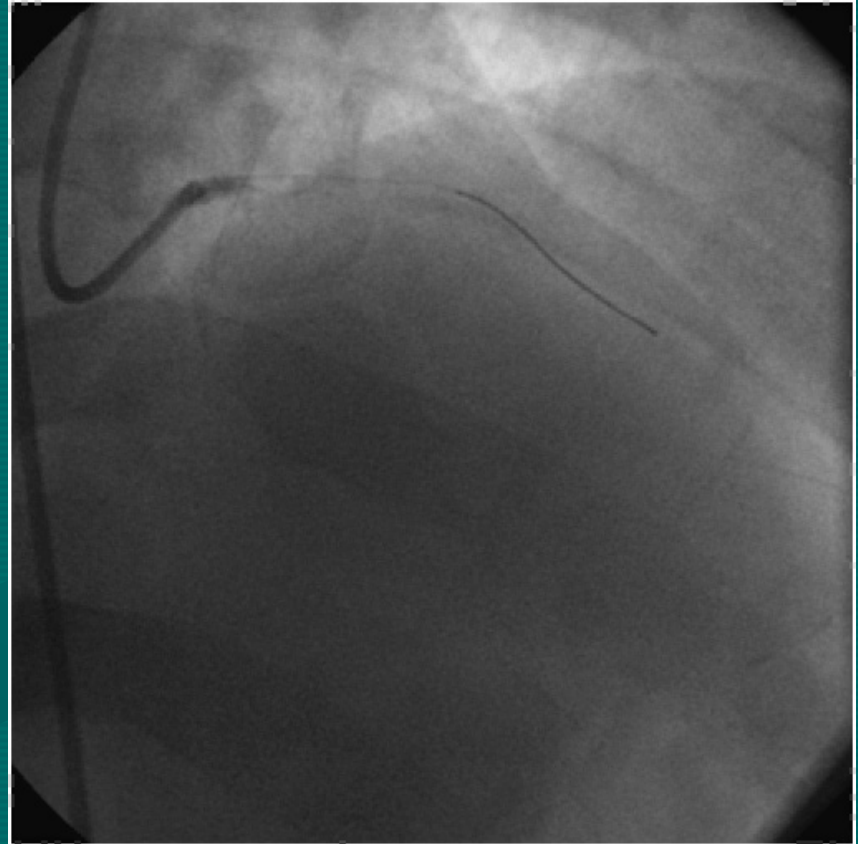
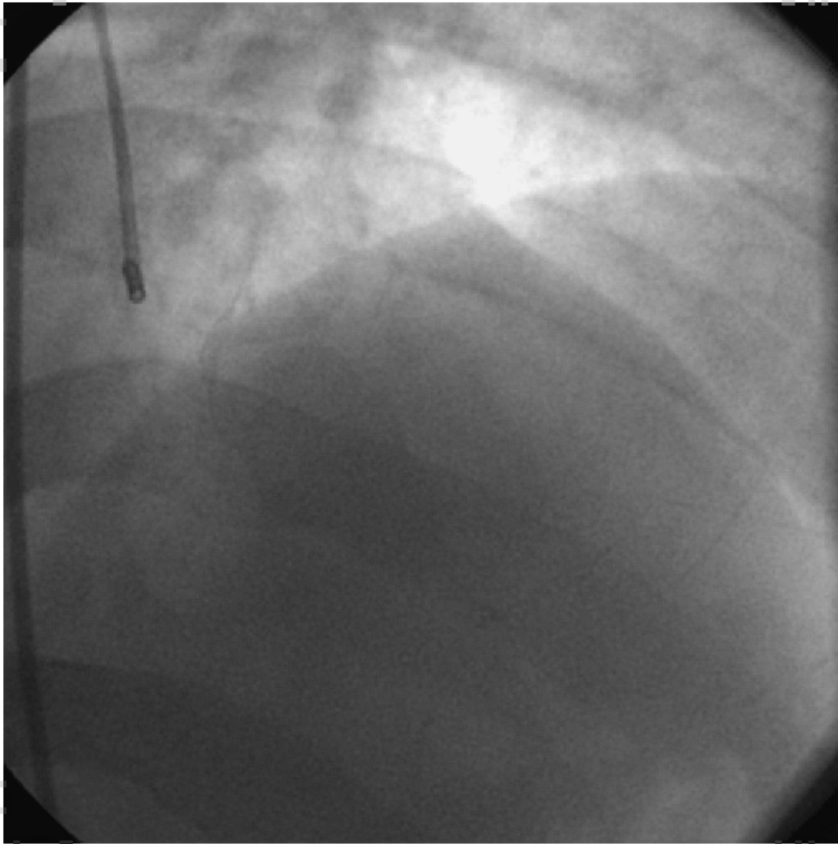
Stent remains in  
coronary artery

# CORONARY ANGIOPLASTY

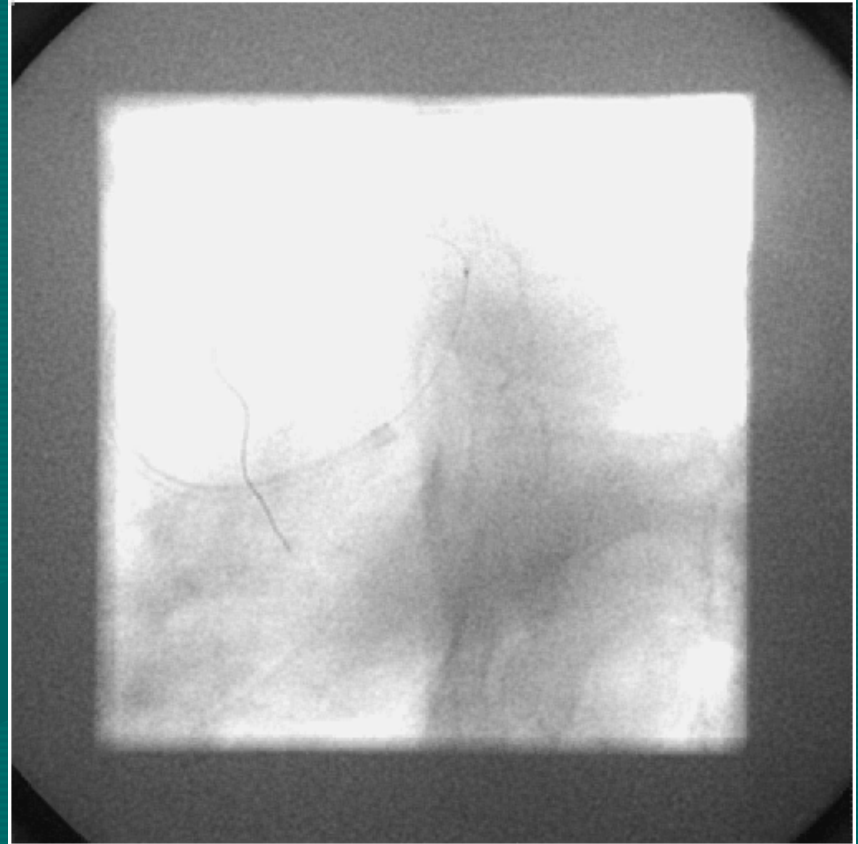
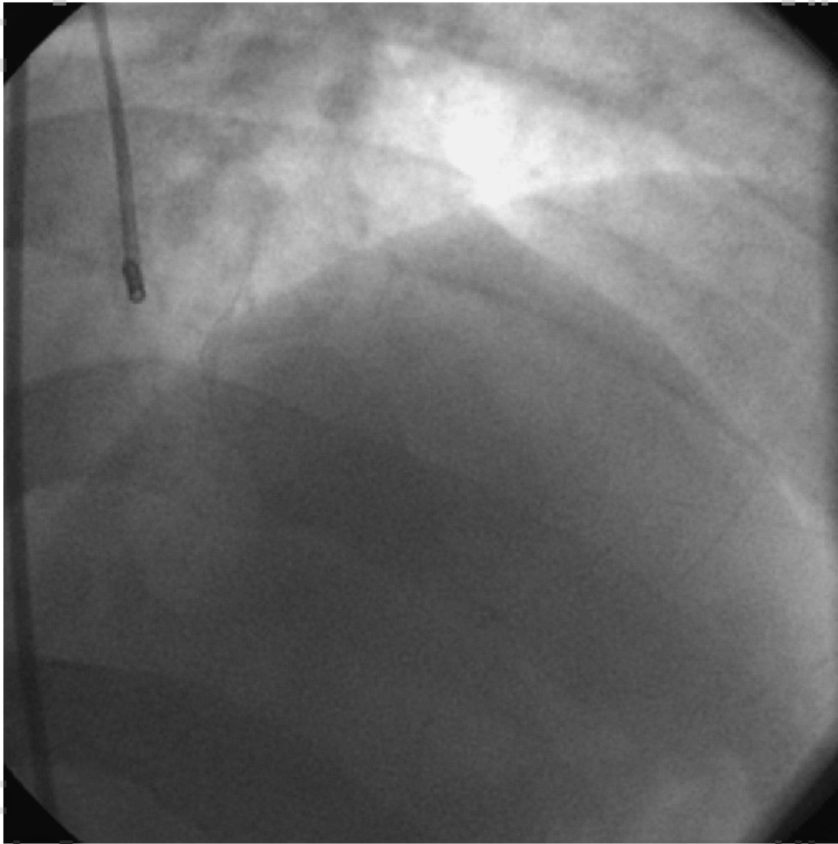


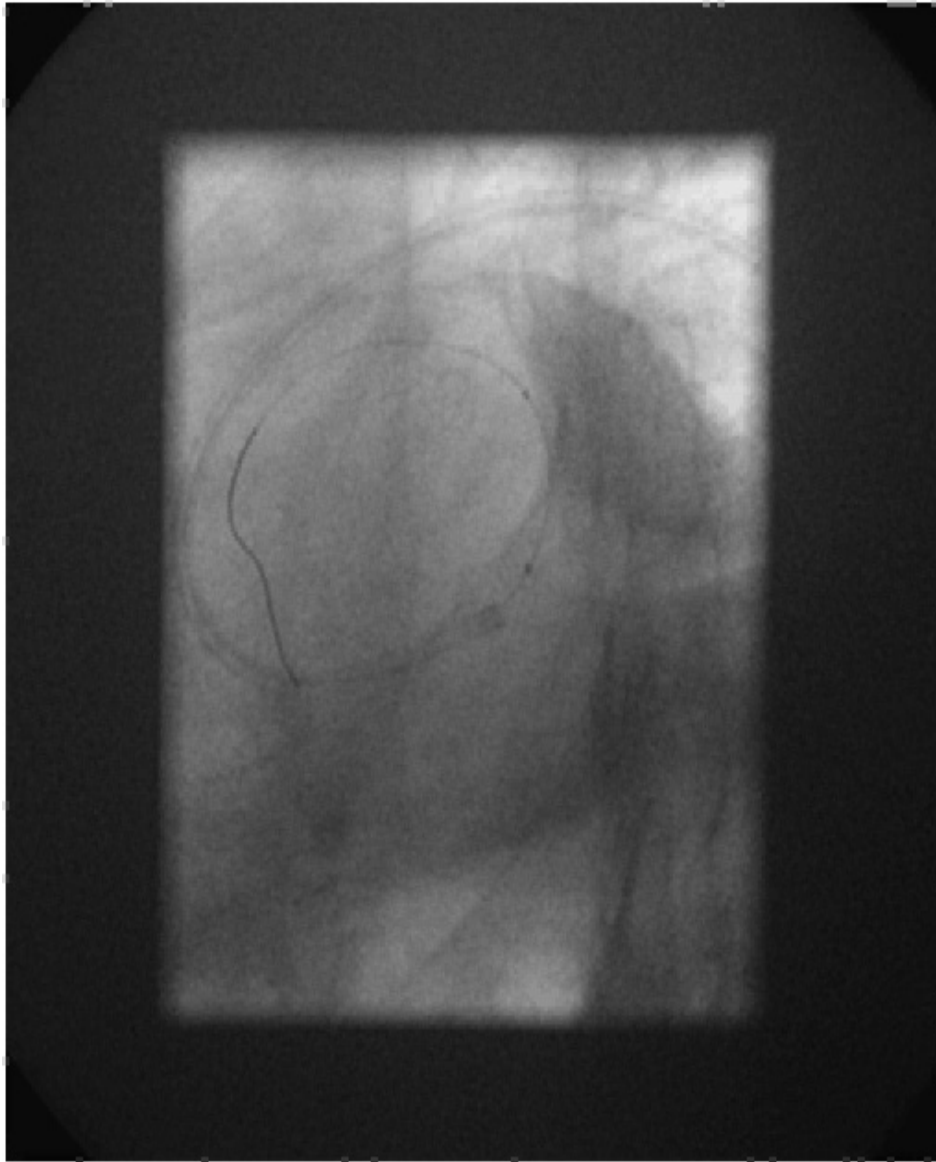


# CORONARY ANGIOPLASTY

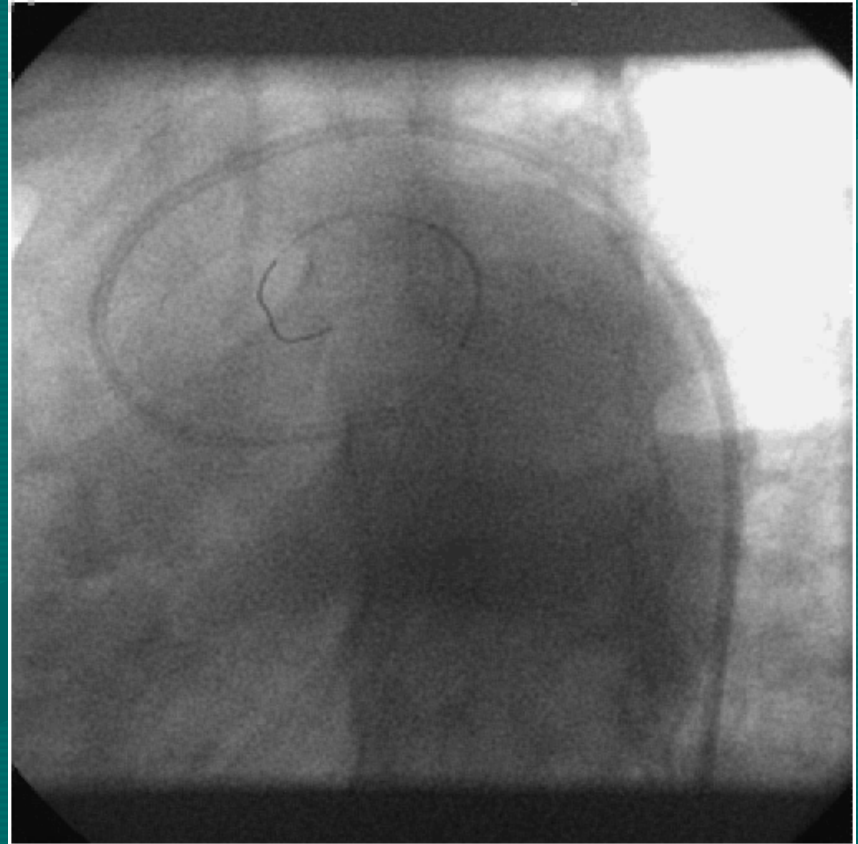
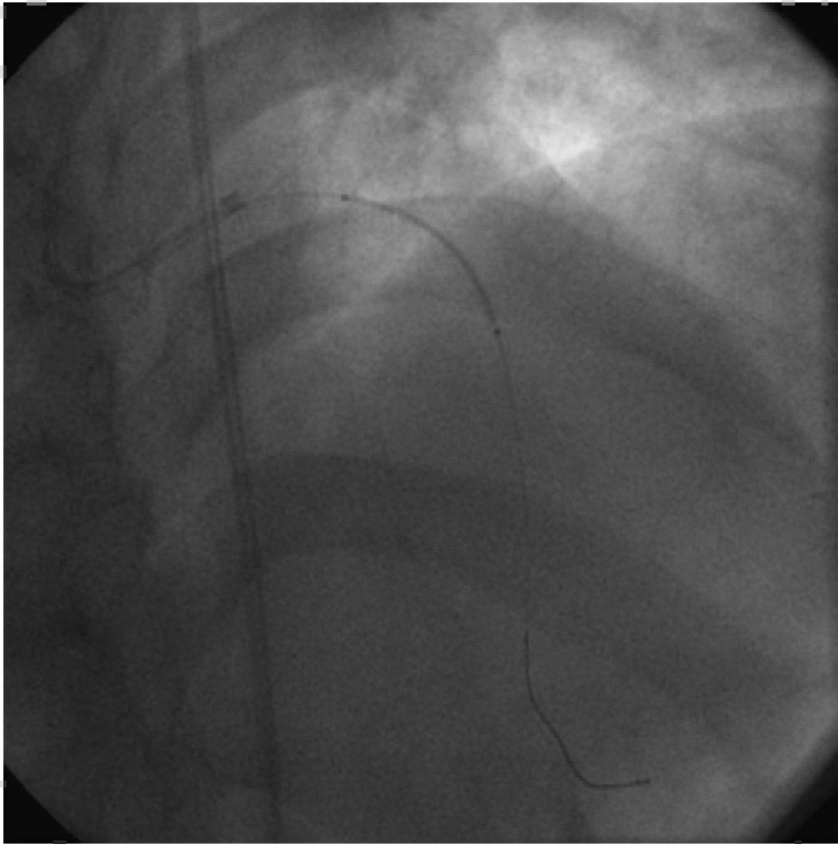


# CORONARY ANGIOPLASTY

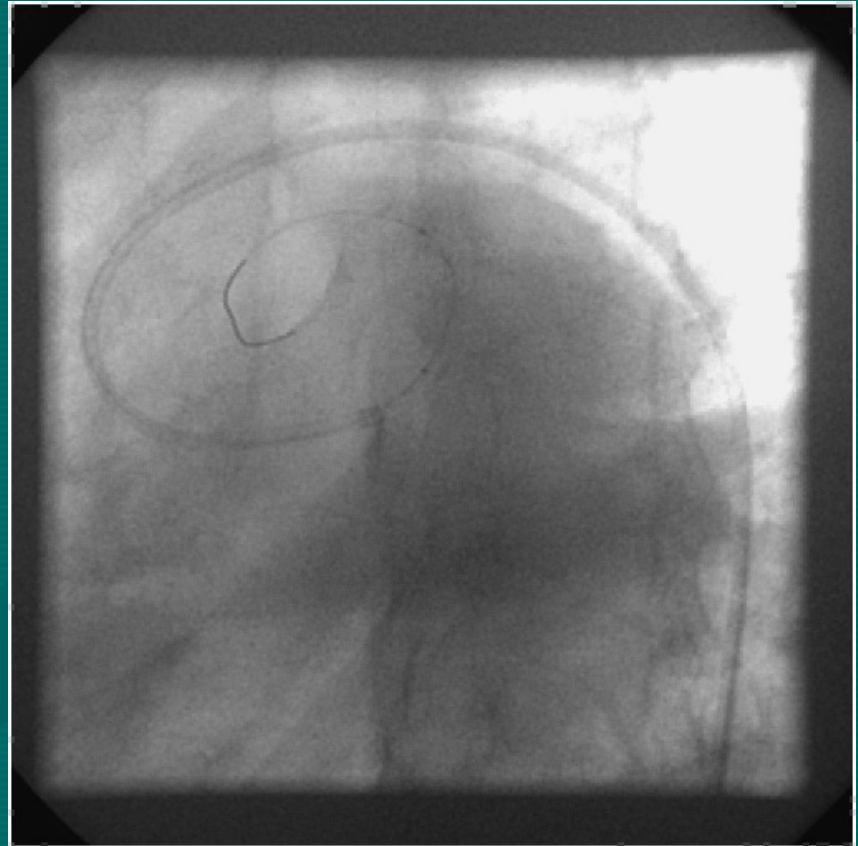




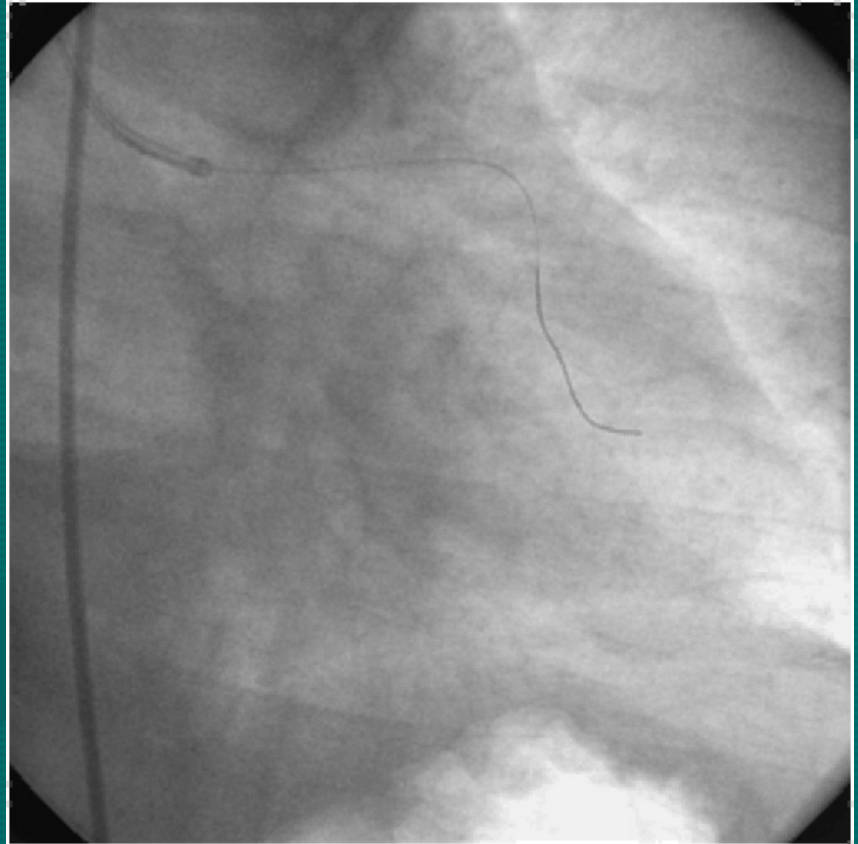
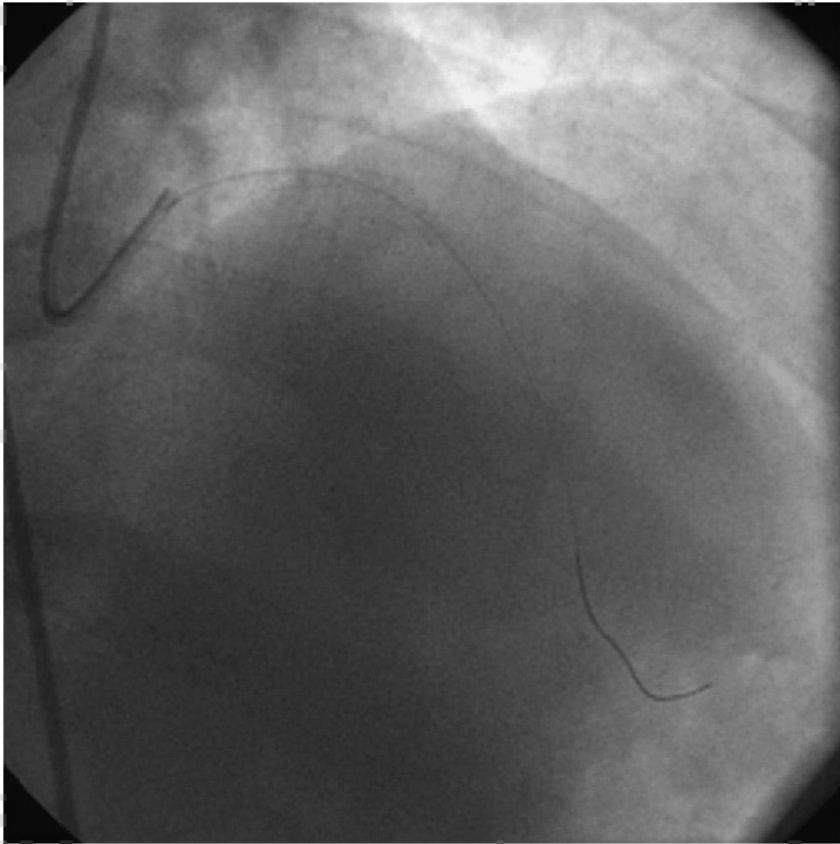
# STENT PLACEMENT



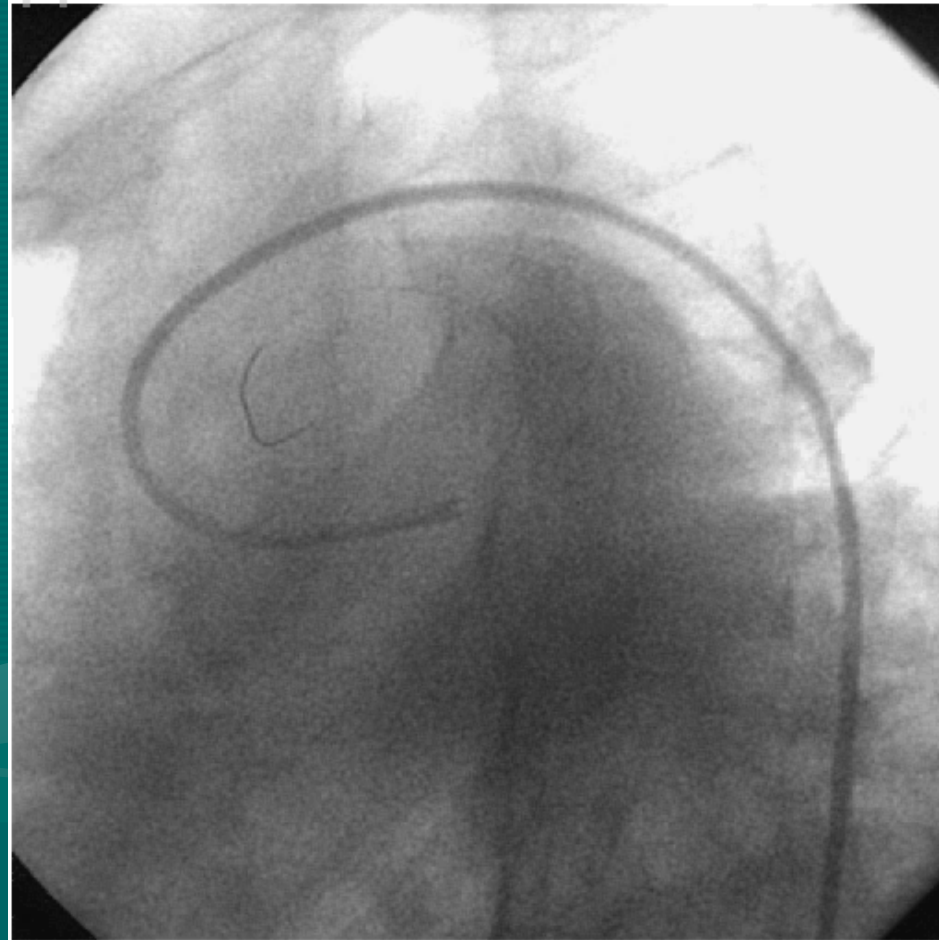
# DEPLOYED STENT



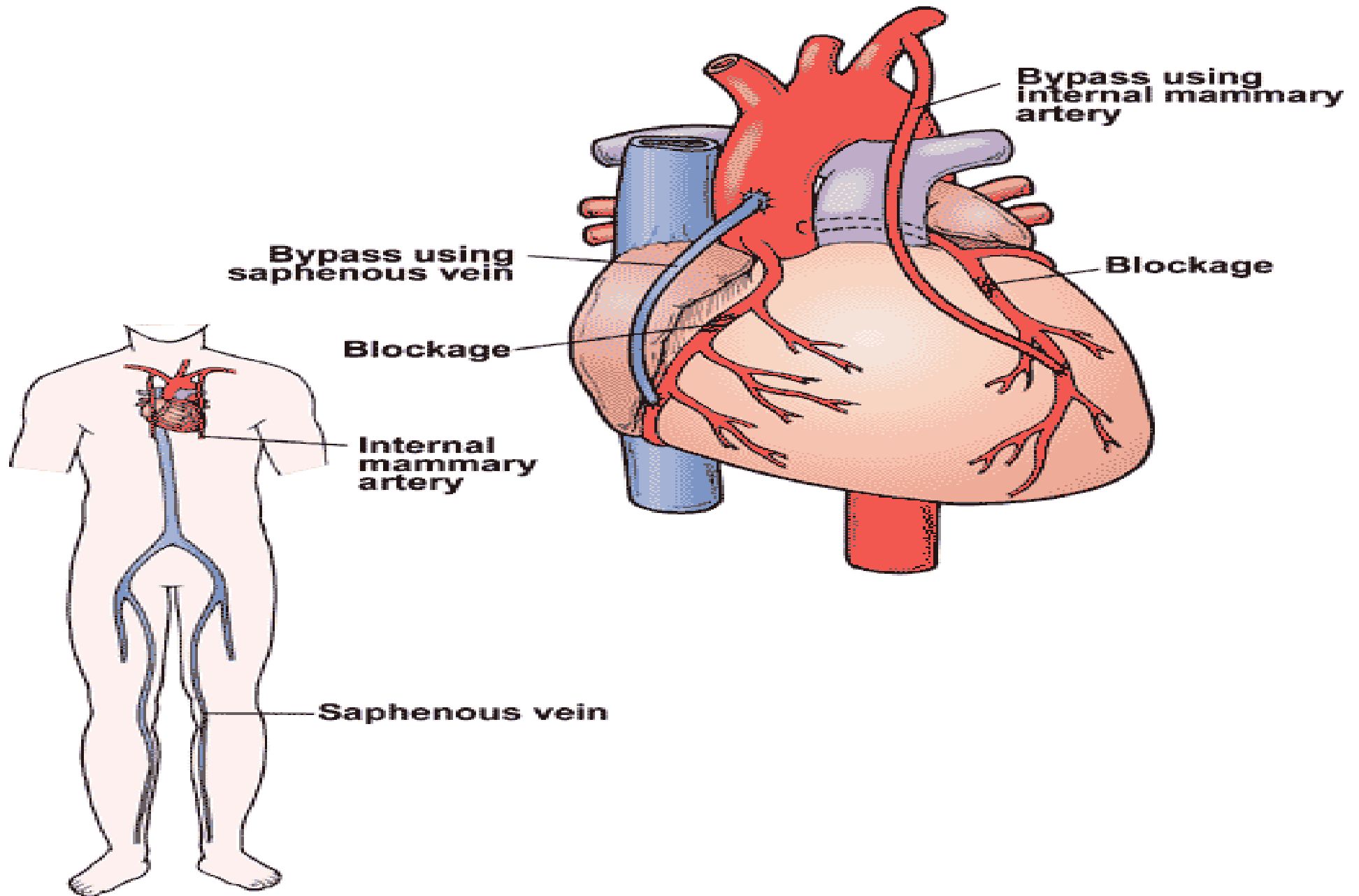




# FINAL RESULT



# Coronary Artery Bypass Surgery



***THE BEST TREATMENT  
FOR HEART ATTACK IS -***


***TO PREVENT IT***



# PREVENTION IS BETTER THAN CURE

## *“7” Simple ways to prevent a “Heart Attack”*

1. NO SMOKING
2. Regular Exercise
3. Heart Healthy Diet
4. Weight Reduction
5. Life Style Modifications
6. Stress Management
7. Regular Check Ups-



- Blood Pressure Monitoring.*
- Blood Sugar Monitoring (if Diabetic)*
- Lipid Profile*
- ECG*
- Stress Test*



**Trim excess weight**

**Reduce alcohol**

**Be smoke free**


**Be more active**

**Healthy eating**







**N****B****O****D****Y**

**S****M****O****K****E****S**

**H****E****R****E****A****N****Y**

**M****O****R****E**

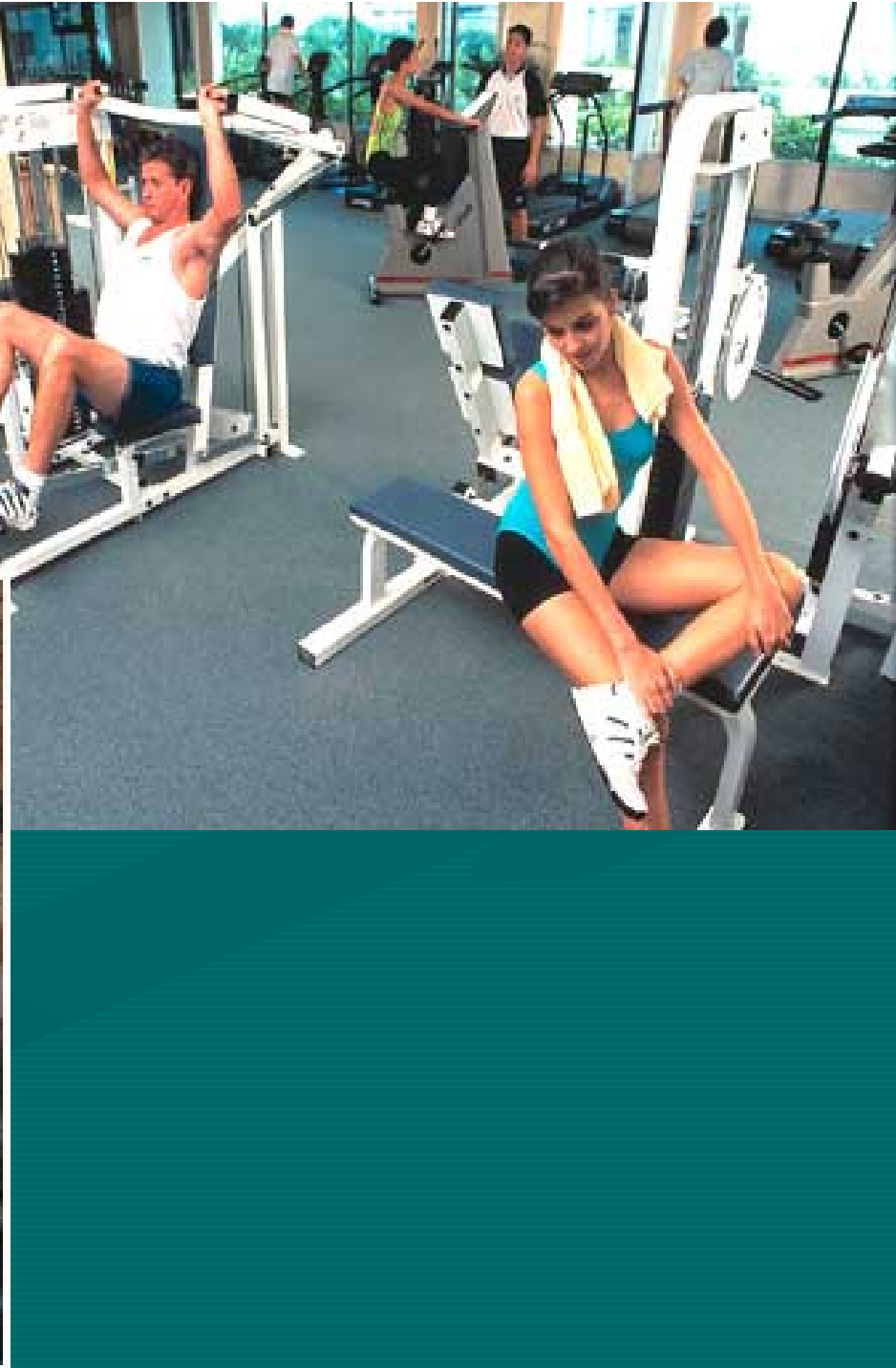
---

# EXERCISE

- ❏ Regular
- ❏ Aerobic – dynamic
- ❏ Brisk walk - 10-12 min/Km for 40-45 min. 5 days a week
- ❏ Other alternative-  
Swimming, cycling,  
jogging etc...













# Lipid Profile Report

*Total Cholesterol..... < 180mg%*

*Triglycerides.....< 160mg%*

*LDL Cholesterol.....< 130mg%*

*HDL Cholesterol.....> 35mg%*



# Diet Principles

- High fibre & whole grains
- Fruits & leafy vegetables
- Legumes -peas, beans, soybeans, lentils
- Nuts - good source MUFA, PUFA, fibre , flavonoids- Walnut, Almond
- Fish & Omega 3 FA
- Avoid : butter , cheese, red meat, tinned/processed food, fast food, salty food, sweets ,high calory food.



# Green Veggies









- Small , frequent servings
- Heavy Breakfast- mod lunch- light dinner
- Early dinner
- Plenty of fruits



Healthy Heart

Healthy Heart






<b>GRAINS</b> Make half your grains whole	<b>VEGETABLES</b> Vary your veggies	<b>FRUITS</b> Focus on fruits	<b>MILK</b> Get your calcium-rich foods	<b>MEAT &amp; BEANS</b> Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; <small>for kids aged 2 to 8, it's 2</small>	Eat 5 1/2 oz. every day
---------------------	--------------------------	----------------------	--	-------------------------

### Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



### Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



U.S. Department of Agriculture  
 Center for Nutrition Policy and Promotion  
 April 2005  
 CNPP-15



USDA is an equal opportunity provider and employer.





# Polymeal



A tastier and safer  
alternative to Polypill

*Wine, fish, dark  
chocolate, fruits,  
vegetables, garlic,  
almonds*

Predicted to reduce CV  
events by 76%, total life  
expectancy by 6.6y,

CV disease free 9y

Non-pharmacological,  
cheap and tasty everyone!