

ISCHEMIC HEART DISEASE

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Annotation

Coronary heart disease (CHD) is the most common cause of death worldwide. Mortality from CHD increases with advancing age, and age-adjusted CHD rates are higher in men compared to women. There is a large regional variation in coronary mortality both within and between countries. Coronary risk factors include socioeconomic factors, classic risk factors such as hypertension or diabetes, lifestyle factors, and family history. A variety of factors such as emotional stress or acute physical exertion can trigger coronary events. Also, an increased risk has been observed in the morning hours and during winter months. Preventive efforts include lifestyle measures and appropriate medication.

Key words:

Ischemic heart disease may also be called cardiac ischemia or ischemic cardiomyopathy. Ischemia is defined as inadequate blood supply (circulation) to a local area due to blockage of the blood vessels supplying the area. Ischemic means that an organ (e.g., the heart) is not getting enough blood and oxygen. Ischemic heart disease, also called coronary heart disease (CHD) or coronary artery disease, is the term given to heart problems caused by narrowed heart (coronary) arteries that supply blood to the heart muscle. Although the narrowing can be caused by a blood clot or by constriction of the blood vessel, most often it is caused by buildup of plaque, called atherosclerosis.

Some people who have myocardial ischemia don't have any signs or symptoms (silent ischemia). When they do occur, the most common is chest pressure or pain, typically on the left side of the body (angina pectoris). Other signs and symptoms — which might be experienced more commonly by women, older people and people with diabetes — include: neck or jaw pain, shoulder or arm pain, a fast heartbeat, shortness of breath when you are physically active, nausea and vomiting, sweating, fatigue.

Myocardial ischemia occurs when the blood flow through one or more of your coronary arteries is decreased. The low blood flow decreases the amount of oxygen



your heart muscle receives. Myocardial ischemia can develop slowly as arteries become blocked over time. Or it can occur quickly when an artery becomes blocked suddenly. Conditions that can cause myocardial ischemia include:

Coronary artery disease (atherosclerosis). Plaques made up mostly of cholesterol build up on your artery walls and restrict blood flow. Atherosclerosis is the most common cause of myocardial ischemia.

Blood clot. The plaques that develop in atherosclerosis can rupture, causing a blood clot. The clot might block an artery and lead to sudden, severe myocardial ischemia, resulting in a heart attack. Rarely, a blood clot might travel to the coronary artery from elsewhere in the body.

Coronary artery spasm. This temporary tightening of the muscles in the artery wall can briefly decrease or even prevent blood flow to part of the heart muscle. Coronary artery spasm is an uncommon cause of myocardial ischemia.

Risk factors that can increase your risk of developing myocardial ischemia include: Tobacco. Smoking and long-term exposure to secondhand smoke can damage the inside walls of arteries. The damage can allow deposits of cholesterol and other substances to collect and slow blood flow in the coronary arteries. Smoking causes the coronary arteries to spasm and may also increase the risk of blood clots.

Diabetes. Type 1 and type 2 diabetes are linked to an increased risk of myocardial ischemia, heart attack and other heart problems.

High blood pressure. Over time, high blood pressure can accelerate atherosclerosis, resulting in damage to the coronary arteries.

High blood cholesterol level. Cholesterol is a major part of the deposits that can narrow your coronary arteries. A high level of "bad" (low-density lipoprotein, or LDL) cholesterol in your blood may be due to an inherited condition or a diet high in saturated fats and cholesterol.

High blood triglyceride level. Triglycerides, another type of blood fat, also may contribute to atherosclerosis.

Obesity. Obesity is associated with diabetes, high blood pressure and high blood cholesterol levels.

Waist circumference. A waist measurement of more than 35 inches (89 centimeters) for women and 40 inches (102 cm) in men increases the risk of high blood pressure, diabetes, and heart disease.



Lack of physical activity. Not getting enough exercise contributes to obesity and is linked to higher cholesterol and triglyceride levels. People who get regular aerobic exercise have better heart health, which is associated with a lower risk of myocardial ischemia and heart attack. Exercise also reduces blood pressure.

In conclusion, the same lifestyle habits that can help treat myocardial ischemia can also help prevent it from developing in the first place. Leading heart-healthy lifestyle can help keep your arteries strong, elastic and smooth, and allow for maximum blood flow.

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