



PLEASE NOTE:

The below information was presented in June 2016 by Dr. Dodds, Michigan Heart Cardiologist.

It is important to note that this is not a prescribed treatment rather general information about cardiac health.

You should seek the advice of your primary care physician and/or cardiologist for all heart and health care treatment/guidance.

For more information about Michigan Heart, please call: 734.712.8000 or visit Michiganheart.com.

Heart Disease: How to Detect & Treat

Presented by:

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June 2016 - Presentation Summary

Coronary Arteries – The coronary arteries delivery oxygen-rich blood to the muscle tissue of the heart. If the arteries become blocked, heart tissue may die, resulting in a heart attack.

Risk Factors –

- Age Men ≥ 45 years, Women ≥ 55 years
- Tobacco use
- Hypertension $\geq 140/90$ or on Blood Pressure Med
 - Lower is better!
- Abnormal Cholesterol LDL >130 , HDL <40
 - Most people who develop heart attacks have "normal" LDL values
- Diabetes
- Obesity
- Psychosocial factors
- Family History of premature cardiovascular death

Super Sized Food Portions –

Examples

1954 Burger King 2 oz. burger / 202 calories

2004 Burger King 4.3 oz. burger / 310 calories

1916 Coke 6.5 fluid oz. / 79 calories
2004 Coke 16 fluid oz. / 194 calories

1950 Movie Popcorn 3 cups
2004 Movie Popcorn 21 cups/buttered

Time-to-Benefit of Smoking Cessation After Last Cigarette

After quitting...

- 20 minutes – Blood Pressure decreases; body temp, heart rate return to normal
- 24 hours – Risk of myocardial infarction: a heart attack decreases
- 1 year – Excessive risk of coronary heart disease is ½ that of a person who smokes
- 5 years – Stroke reduced to that of never smoker
- 15 years – Coronary heart disease risk is the same as a person who has never smoked

Exercise

Those who are physical active minimize the risk of a heart attack!

Coronary Calcium Score

- Ask your primary care physician to run Coronary Calcium test and review results with you.
- Typically \$99 test
- 10-15 minute door-to-door
- No needles, no pain
- Very low radiation
- Best in ages 40-65, reasonable if <40 and several risk factors (especially smoking)
- Not test choice if having chest pain

Coronary Artery Disease: Medical Therapy

- Aspirin
- Statins
- ACE Inhibitors
- Exercise
- Healthy Diet
- Alcohol (1-2 drinks/day; 1 for woman; 2 for men)
- Don't Smoke!