

BUCKHEAD CONCIERGE INTERNAL MEDICINE

ANATOMY OF THE CARDIOVASCULAR SYSTEM

The cardiovascular system is comprised of the blood supply to the heart, the heart muscle and heart valves.

Coronary arteries comprise the blood supply to the heart which provides oxygen and nutrients to the heart muscle.

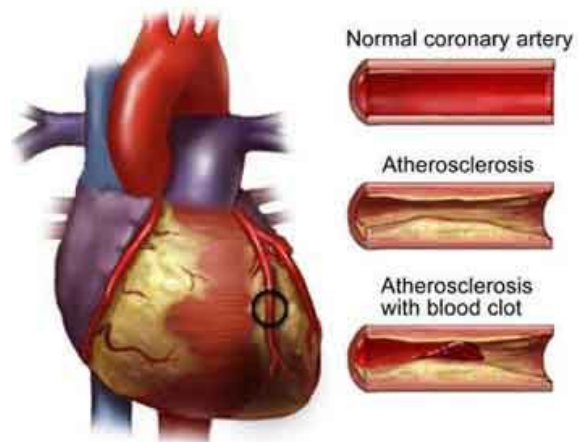


ATHEROSCLEROSIS

A condition in which fatty deposits called “plaques” build up inside the arteries in the body.

Arteries are the blood vessels that carry blood away from the heart out to the body.

Atherosclerosis can occur in any artery in the body.



WHAT IS CORONARY HEART DISEASE?

Coronary heart disease is a form of atherosclerosis that affects the coronary arteries.

This form of atherosclerosis can cause chest pain and lead to heart attack.

WHAT IS A HEART ATTACK?

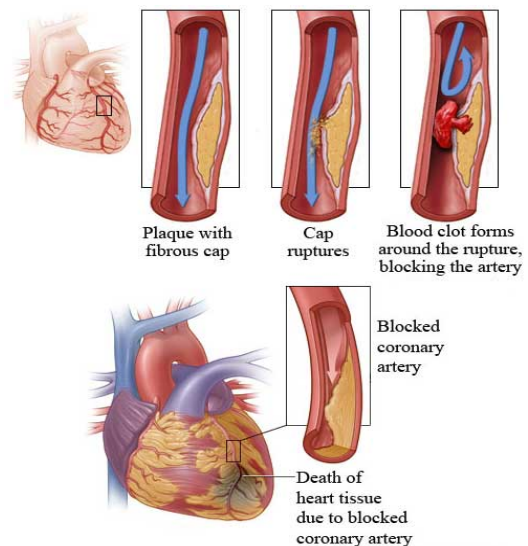
Heart attack is also called myocardial infarction or MI.

Failure of blood supply to the heart leads to a heart attack.

It's a sudden event where not enough blood supply is provided to the heart muscle.

The cause of an MI is usually due to plaques breaking open, or rupturing.

During an MI, blood clots form inside the artery and block the blood supply to tissues past the clot.



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RISK FACTORS FOR CORONARY HEART DISEASE

- In 1948 a study called the Framingham Heart Study sought to more clearly describe risk factors for heart disease. It was published in 1961.

RISK FACTORS

- age
- hypertension
- elevated cholesterol
- smoking
- Diabetes
- Inflammation
- Family history
- sedentary lifestyle
- Stress
- Obesity

WHAT TO EXPECT FROM YOUR PRIMARY CARE DOCTOR VISIT

- Review of current symptoms, medications, alcohol use, smoking status, exercise, diet, allergies to drugs, family history.
- Physical Exam: BP in both arms at least once, orthostatics, exam of carotid arteries to check for abnormal sounds cardiac auscultation, abdominal exam for detection of aortic aneurysm. Fasting blood sugar (accu check).

NON INVASIVE TESTING

- EKG once yearly or every other year, at least for a baseline
- Exercise/Nuclear stress test: An EKG with exertion. Its not for everyone. Not done routinely. Its for evaluation of symptoms such as chest pain, unless immediately obvious from EKG.
- Echocardiogram to assist in evaluation of structure and function of heart.
- Holter monitor a 48 hour recording of EKG. Useful to evaluate palpitations, dizziness, rhythm issues.
- Carotid U/S to evaluate carotid artery disease.
- Abdominal U/S to evaluate for Abdominal Aortic Aneurysm.

BLOOD TESTS

- Lipid Profile(Total cholesterol, HDL, LDL, Trig) also VAP, more comprehensive.
- Cardiac CRP
- Lipoprotein (a)
- Homocysteine
- Thyroid panel
- Kidney function
- Metabolic panel
- Vitamin D Level