

Coronary Artery disease

Zeeshan Habib

Kulsum international Hospital, Pakistan

Abstract

Coronary heart disease which is also known as the coronary artery disease is caused when the coronary arteries become too narrow. Coronary heart disease is developed when the cholesterol builds up on the walls of the artery and creates plaque. These plaques cause the arteries to narrow and reduce the blood flow to the heart. Coronary heart disease can sometimes lead to heart attack. CHD develops as a result of the injury or damage to the inner layer of a coronary artery. CHD can lead to other conditions like angina. CHD can also lead to the shortness of breath. Heart attack may also occur when the heart muscles do not get enough blood or oxygen, due to the blood clots formation from plaque in any of the coronary arteries. This formation of blood clot is called coronary thrombosis. This clot is big enough and can stop the supply of the blood to the heart. Some of the symptoms of the heart attack are chest discomfort, mild or crushing chest pain, and dizziness, shortness of breath, restlessness, nausea and vomiting, sweating and general discomfort. The first symptom is usually the chest pain that spreads to the neck, jaw, ears, arms and the wrists and to the shoulder blades, back or the abdomen. A heart attack is the medical emergency which may result in death or the permanent heart damage. There is no cure for the CHD. Treatment may be done by making the healthful lifestyles changes like adopting a healthful diet, quitting smoking and by doing regular exercise. Medications that are used to reduce the risk or the impact of the CHD may include beta-blockers, nitroglycerin patches, sprays or tablets, angiotensin-converting enzymes inhibitors, calcium channels blockers and statins. Surgical procedures can also open or replace the blocked arteries if they have become very narrow, or if the symptoms are not responding to the medications like laser surgery, coronary bypass surgery, and angioplasty and stent placement. CHD can be prevented by controlling the blood cholesterol levels. Some factors that increase the person's risk of developing CHD are having high blood pressure, having high levels of low-density lipoproteins or having low levels of high-density lipoproteins, smoking and being obese. CHD can be diagnosed by electrocardiogram, holter monitor and echocardiogram. According to World Health Organization (WHO) data, in 2008, the mortality rate due to coronary heart diseases was 214-455 deaths per 100,000.

Received: July 02, 2022; **Accepted:** July 07, 2022; **Published:** July 15, 2022

Biography

Dr. Zeeshan Qadeer is one of the leading Sexologists In Islamabad. He has done MBBS, MCPS, SCPS. He is very competent in his field and helping his patients in the

achievement of their health goals. He currently practices at Kulsum International Hospital Kulsum, Islamabad.