

Secondary Prevention

Satellite Conference and Live Webcast
Wednesday, February 22, 2012
2:00 – 4:00 p.m. Central Time

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

Tamjeed Arshad, MD, FACC
Montgomery Cardiology Associates

After a Heart Attack

- Most patients will have undergone a cardiac Cath with stent placement
 - Involves pulverizing the plaque and covering it with a metal mesh
 - Disease remains even after the artery has been opened
 - A new element in the form of the stent is now part of the artery

After a Heart Attack

- The focus is:
 - To prevent the plaque in the same artery or other arteries from causing another event
 - To keep the stent open
 - This involves medication and risk factor modification with education, diet, and exercise

Factors that Can Be Treated or Modified

- Smoking
- Obesity
- Hypertension
- Diabetes
- High cholesterol

Factors that Can Not Be Changed

- Age
- Sex of the person
- Genetic make up

Secondary Prevention

- **Involves:**
 - **Patient's behavior**
 - **Physician-patient interaction**
 - **Physician-physician interaction**
 - **Cardiologist and primary care**

Patient Factors

- **Motivation**
- **Education**
- **Financial status**

Physician Patient Interaction

- **Complex issues with multiple drug usage**
- **Less time per patient**
- **Re-imburement**
- **Communication**
- **Electronic medical records**

Drugs

- **Aspirin and other anti-platelet agents**
 - **Super aspirins**
- **Cholesterol lowering medications**
- **Beta-blockers**
- **Ace-inhibitors**
- **Other**
- **Genetic assessment of drug use**

Non-drug

- **Diet**
- **Exercise**
- **Smoking cessation**