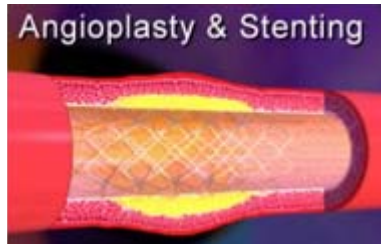


3. ANGIOPLASTI & STENT

- If unsuccessful, the stent will be put in the blood vessel and it remain for whole life.
- Tablet Plavix (Clopidogrel) must be taken once daily for certain period. Risk of recurrent heart attack will happen if the tablet not be taken regularly. Furthermore, patient may died .



4. (BYPASS)

. Sumber: Abdou, Kerry, Lee (2008)

- A healthy artery or vein from the leg is connected, or grafted, to the blocked coronary artery. It bypasses the blocked portion of the coronary artery. This new passage routes oxygen-rich blood around the blockage to the heart muscle.



5. MEDICATION

- The medication will be prscribed by doctor whether the procedure is success or not.

PREVENTION

Healthy life style by:

- QUIT SMOKING IF YOU SMOKE. Avoid exposure to secondhand smoke
- Learn to cope with and reduce stress .
- Eat balanced diet daily. Reduced oily, high cholesterol diet. Eat more vegetables and fruits.
- Do exercise , at least 30 minutes daily. Prolong the time for 60 to 90 minutes if obese.
- Take medication regularly as prescribe by doctor.
- Follow up regurly.

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2. <http://www.infosihat.gov.my> (retrieved on April 4,2008)
- 3.www.mayoclinic.com/health/heart/heart-attack/DS00094 (retrieved July 24,2008)

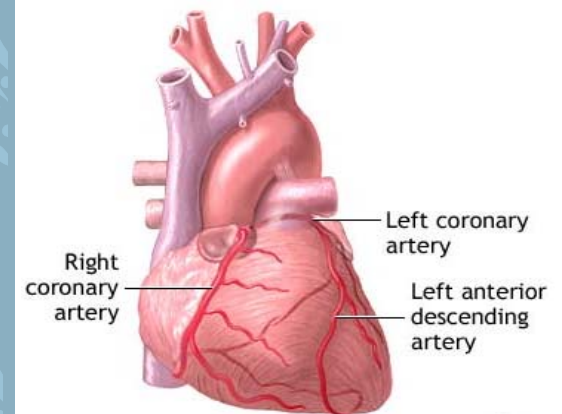
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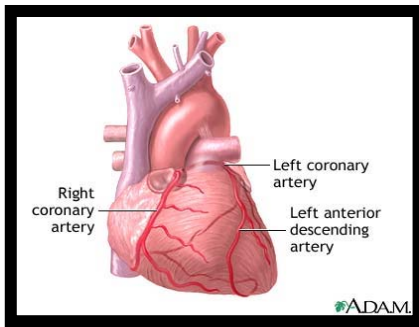
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CORONARY HEART DISEASE



CORONARY HEART DISEASE

THE HEART



The muscle which located under the rib cage, to the left of the breastbone (sternum) and between the lungs. The size is an adult fist-sized. In a normal situation, it beating between 60–100 per minutes. Able to pump 7,000 litre of blood all over the body. There are 3 main blood vessels : 1 at the right (RCA) and 2 at the left side (LAD dan LCX).

Hows heart attact occurs?

The narrowing or blockage of blood vessel can interrupt of blood flow which contain oxygen and food to the heart. As a result, the heart muscle will damage or distroy.

SIGN AND SYMPTOMS

- Chest pain, pressure, fullness, heaviness, burning sensation or a squeezing in the center of the chest.
- Discomfort extending beyond the chest into the left shoulder, arm, back, upper abdomen or even to the jaw or teeth
- Palpitation
- Numbness of the left arm or hand
- Palpitation
- Nausea vomiting
- Sweating
- Light-headedness or fainting

RISK FACTORS

- Tobacco smoke
- Diabetes mellitus, Hipertension
- Strong family history
- Lack of physical activities
- Obesity
- High cholesterol level
- Over - stress

EARLY TREATMENT

- If first time, quickly go to nearest clinic or hospital.
- If not, put 1 tablet sublingual GTN under the tongue and rest. If not relieve, put second tablet of GTN and quickly go to nearest clinic or hospital for further treatment.
- Be calm.

TREATMENT IN THE HOSPITAL

- IV Streptokinase will be given to lysis the blood clot in the blood vessel at the Emergency Unit.
- Then, patient will be admitted to Coronary Care Unit (CCU) for further treatment.

FOLLOWING TREATMENTS.....

1. ANGIOGRAM

- Contrast is injected through an artery from the hand or groin into the arteries of the heart by using the thin, flexible catheter.
- The blockage can be seen on a special X-ray screen.



2. ANGIOPLASTY

- After finding the blockage, the ballon will be used to open the blockage of artery and restore oxygen and nutrients to the heart muscle.

