



Gleneagles JPMC™

A PARKWAYHEALTH CARDIAC CENTRE  
JERUDONG PARK BRUNEI



كمنترين كصيحتم  
KEMENTERIAN KESIHATAN  
MINISTRY OF HEALTH



يونيسبرسيٲي بروني دارالسلام  
UNIVERSITI BRUNEI DARUSSALAM



Gleneagles JPMC™  
A PARKWAYHEALTH CARDIAC CENTRE  
JERUDONG PARK BRUNEI



# Coronary Artery Disease: *Prevention & Treatment*

Dr. A.M. Nadzir P. M. Juanda

*BHSc, MD, FRCSC*

Associate Consultant Cardiothoracic Surgeon




# Risk Factors

- Males
- Postmenopausal women
- Family history of heart disease
- Age
- High blood pressure
- Diabetes
- High salt intake
- Low fitness
- Obesity
- Poor cholesterol profile
- Smoking
- Anabolic steroids

Non-modifiable

Modifiable



## Treatment for CAD

- Lifestyle modifications
- Medications
- Angioplasty
- Bypass surgery


# Lifestyle modifications



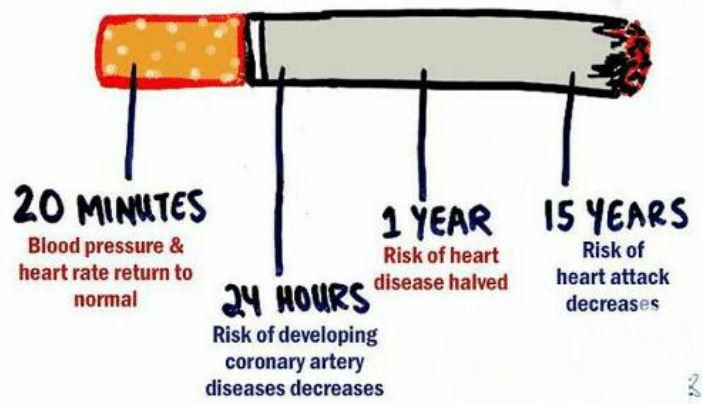
Say "no" to smoking!



Cigarette smokers are **2-4 times more likely** to develop **coronary heart disease** than nonsmokers.



# WHAT HAPPENS WHEN YOU QUIT SMOKING?



Say "yes, I can quit smoking!"

Abusing steroids can lead to strokes and heart attacks in young athletes under the age of 30.



## Potential Negative Side Effects



# Physical Activity



## The American Heart Association Recommendations for Physical Activity in Adults

At least **30** minutes of moderate-intensity aerobic activity **At least 5** days per week for a total of **150** minutes



OR

At least **25** minutes of vigorous aerobic activity **At least 3** days per week for a total of **75** minutes



or a combination of the two

AND

Moderate to **HIGH INTENSITY** muscle-strengthening activity **At least 2** days per week for additional health benefits

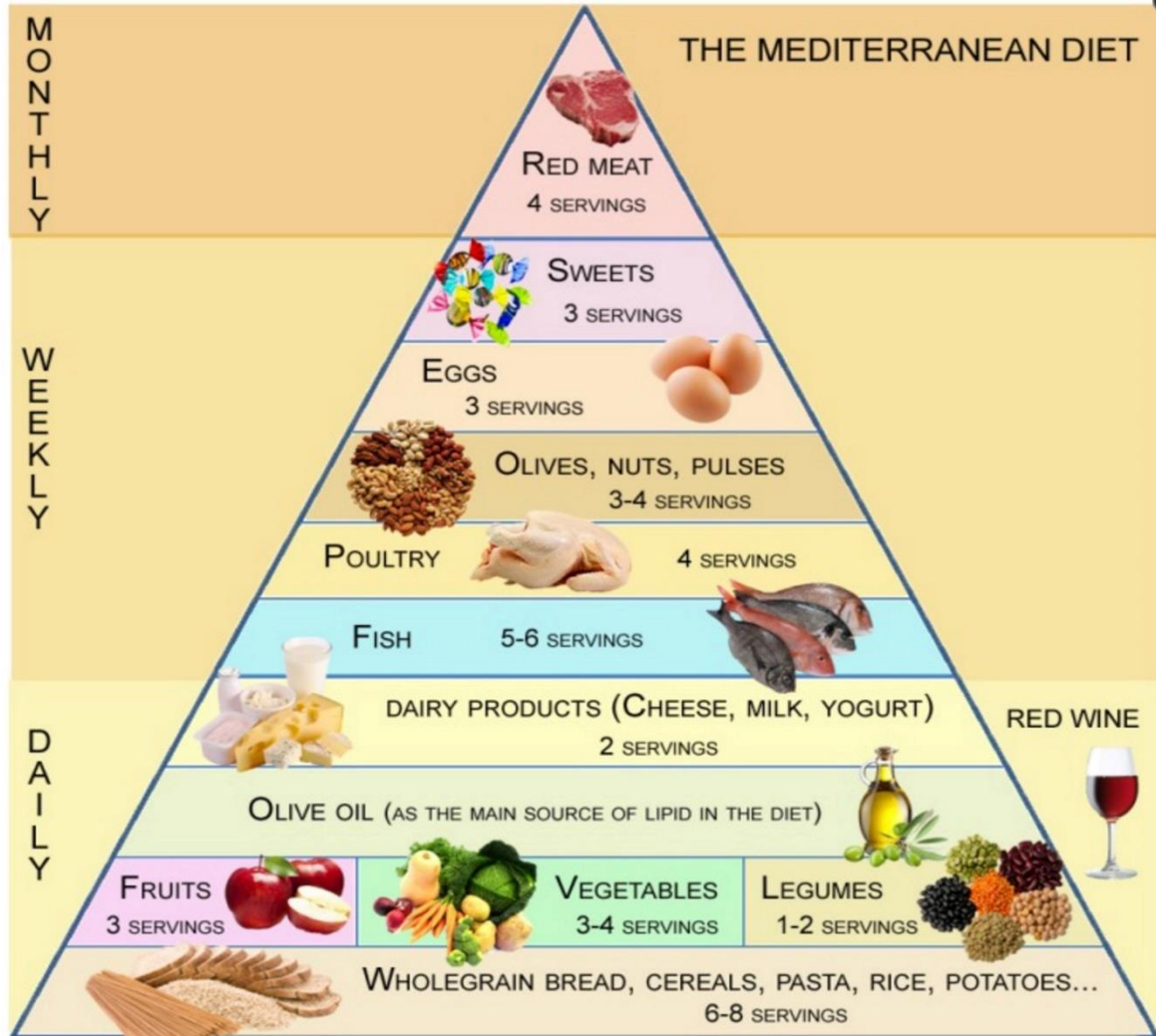




**Healthy, balanced diet???**



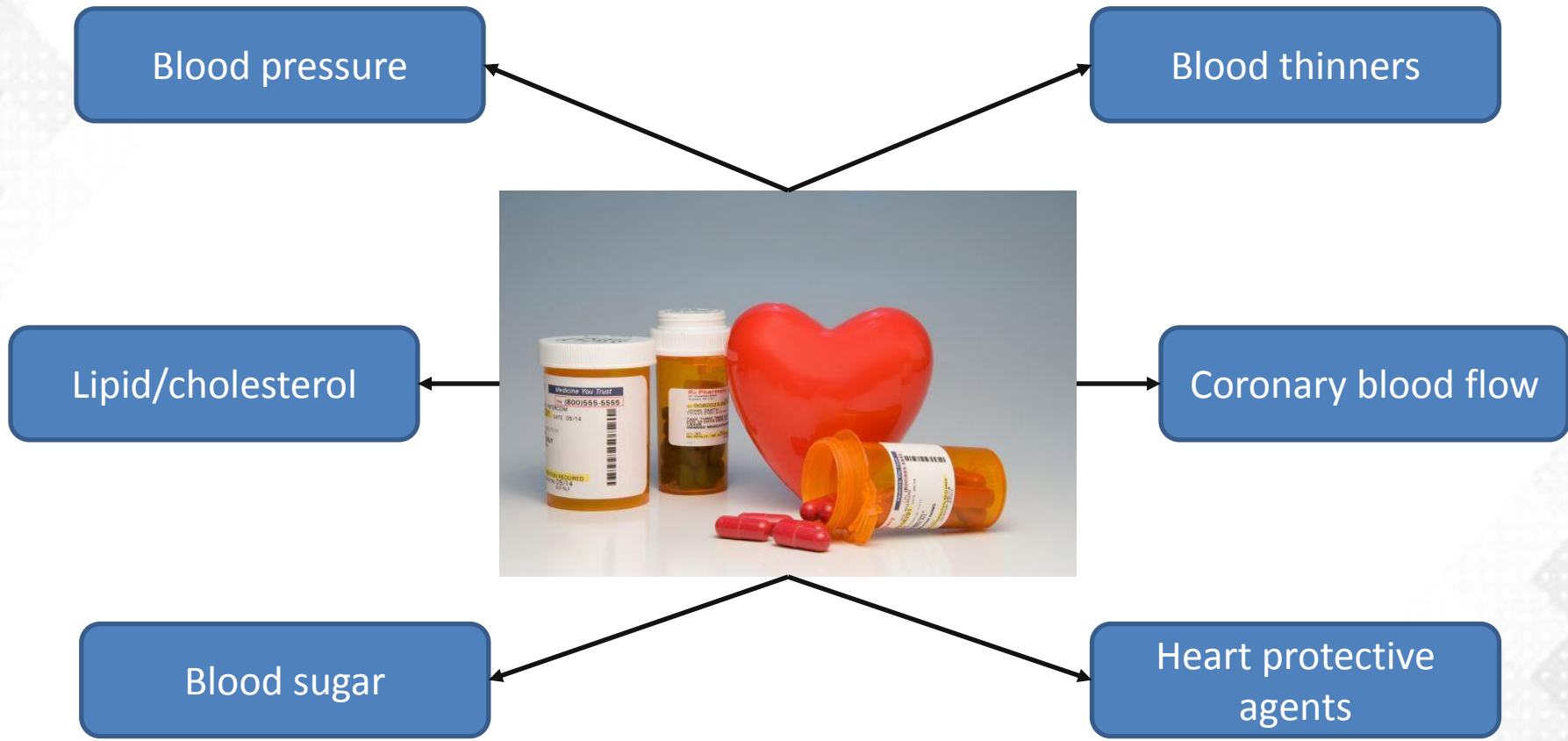
# Healthy, 'balanced' diet







# Medications



Blood pressure

Blood thinners

Lipid/cholesterol

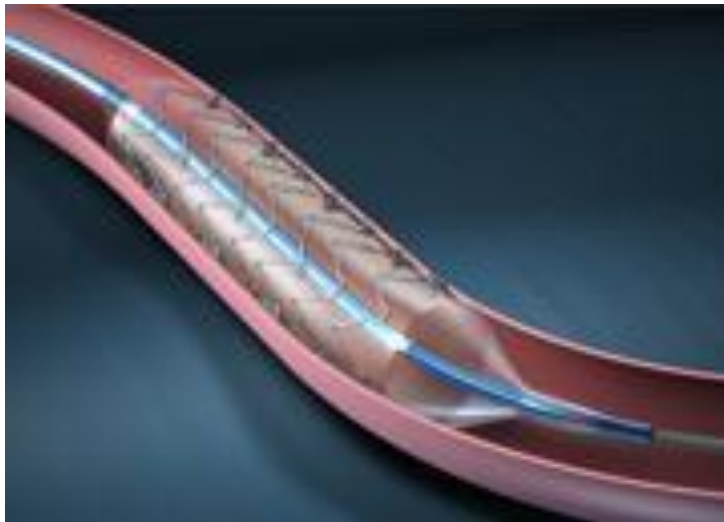
Coronary blood flow

Blood sugar

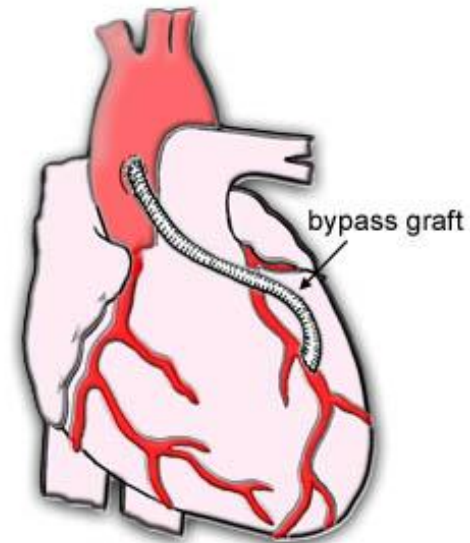
Heart protective agents

# Other treatments

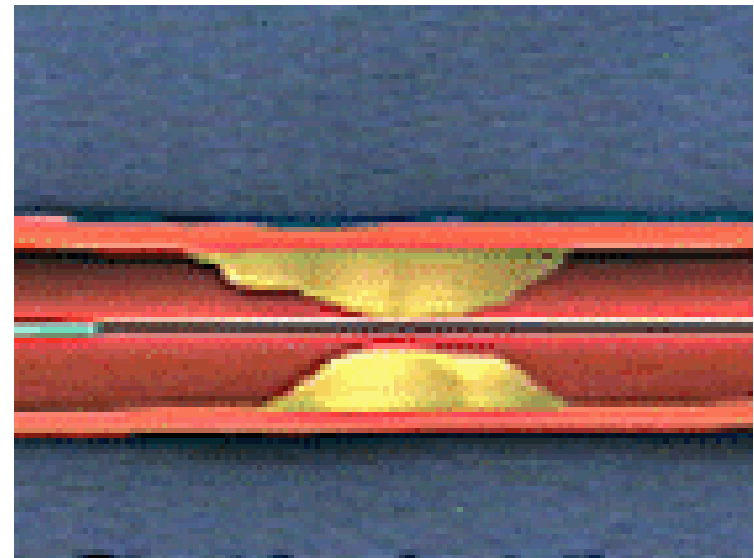
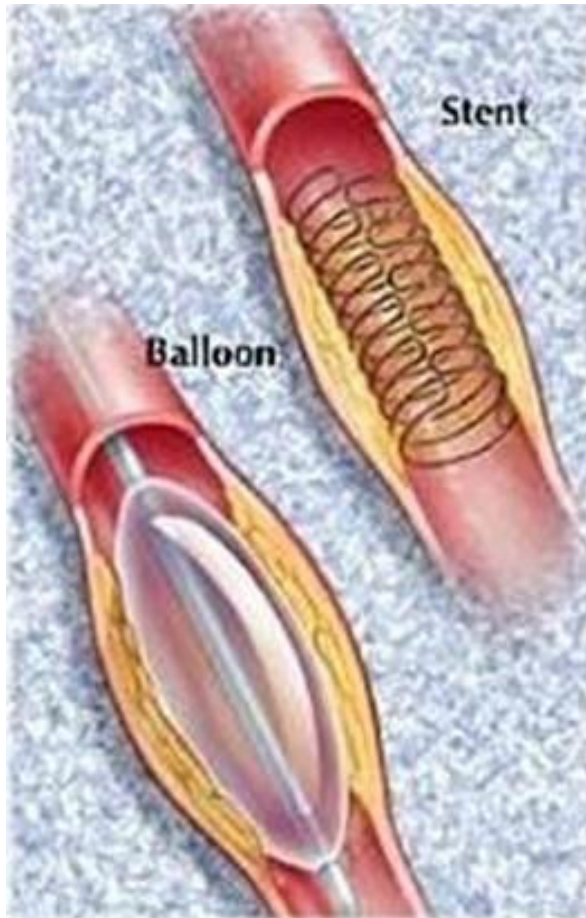
**Angioplasty**  
(Percutaneous Coronary Intervention)

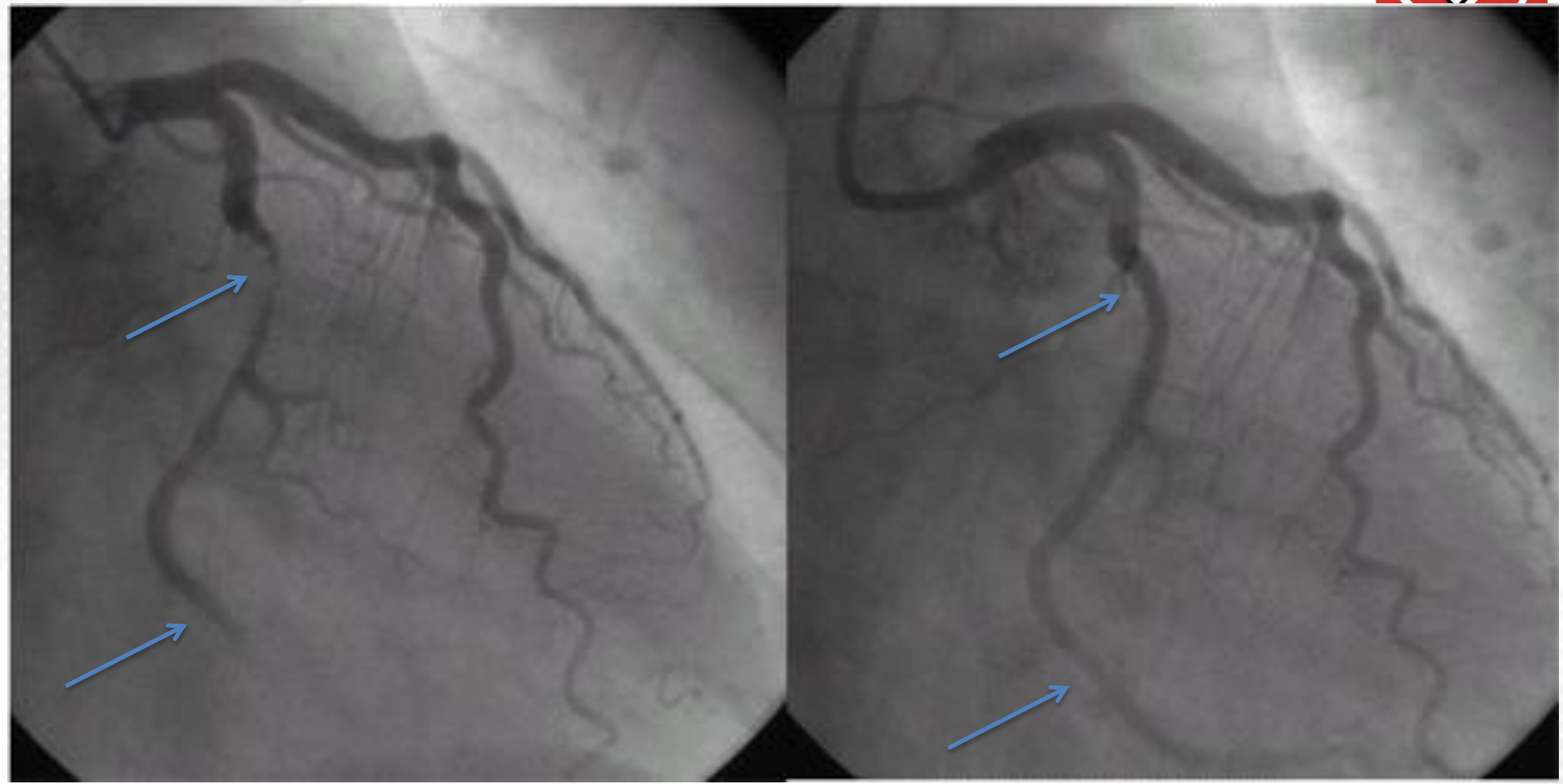


**Bypass surgery**  
(Coronary Artery Bypass Graft surgery)



# Angioplasty



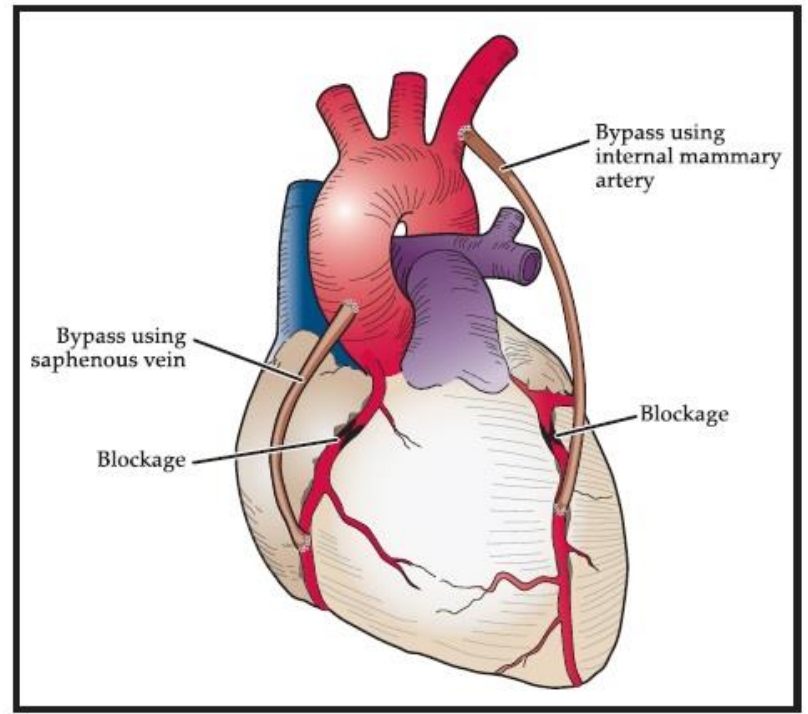
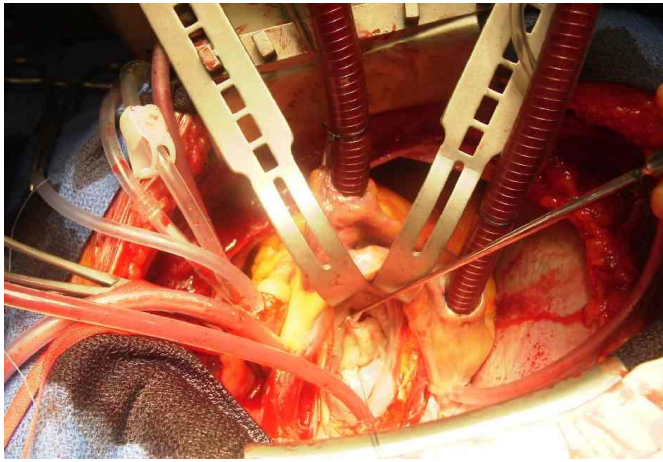
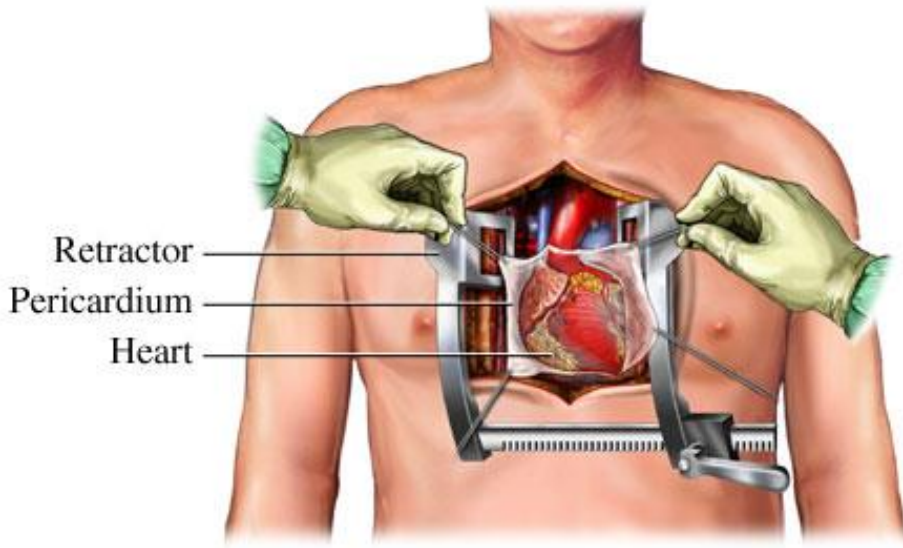


Before

After



# Bypass Surgery



© Allina Health System







# Quiz Time!



# Question 1

To stay heart-healthy, one should exercise for 1 straight hour every day

- True
- False



# Question 1

To stay heart-healthy, one should exercise for 1 straight hour every day -  
***False***

- physical activity is important for your heart
- at least 30 minutes of moderate-intensity aerobic activity at least 5 days a week or
- at least 25 minutes of more vigorous activity 3 days a week



## Question 2

Vitamins and supplements can lower your risk of heart disease.

- True
- False



## Question 2

Vitamins and supplements can lower your risk of heart disease - ***False***

- No scientific evidence showing that supplements prevent or treat cardiovascular disease
- The body absorbs and utilizes vitamins and minerals best when they are acquired through foods. So, good food is the best way to get your nutrients

## Question 3

You get high cholesterol just because of what you eat

- True
- False



## Question 3

You get high cholesterol just because of what you eat – ***False***

- Lots of things can impact your cholesterol
- Genetics
- Diet does matter
- Reduce fatty meats, full-fat dairy products, deep-fried food and processed foods
- Cholesterol could be high despite healthy diet - check



## Question 4

If you have heart disease, you should rest and take it easy

- True
- False





## Question 4

If you have heart disease, you should rest and take it easy

- *False*

- Physical activity promotes circulation and health
- Supervised and doctor-advised exercise can help recover from heart attack, surgery etc



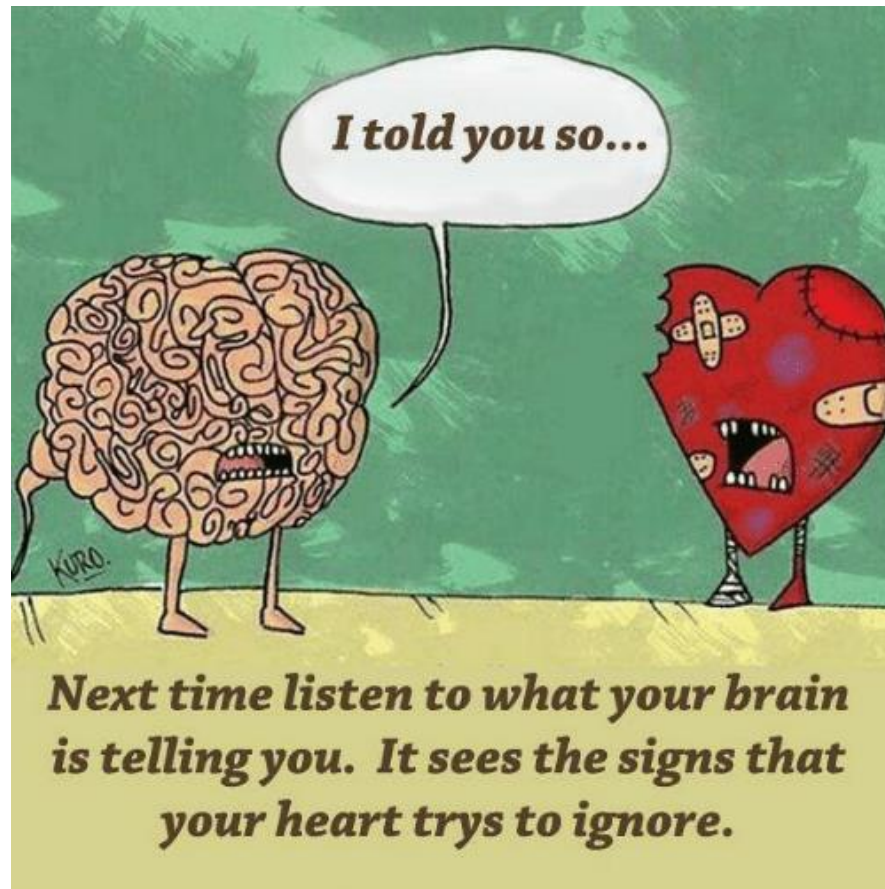


## Preventing a heart attack (take home message)



**KEEP  
CALM  
&  
FOLLOW  
THE RULES**

- Stop smoking
- Do not take anabolic steroids
- Healthy, “balanced” diet
- Control blood sugar
- Control blood pressure
- Reduce blood cholesterol
- Regular physical activity
- Manage stress



# Thank you

*Questions/Comments?*