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Will a few decades back, heart ailments were considered to be an old man's disease and it rarely occurred in young adults between the age group of 20 to 50, unless genetically pre-disposed. But off late, there is a surge in cases of young adults in need of angioplasty or bypass to remove heart blockages.

As per a media report, India has witnessed nearly 200 per cent rise in heart ailments in the last two decades.

Coronary Artery Disease (CAD)

Coronary artery disease is a heart condition, wherein, the blood vessels that supplies oxygen-rich blood to the heart becomes narrow or gets blocked, resulting in a reduced flow of blood to the heart. The narrowing and hardening of the artery are caused by accumulation of plaque within the walls. This plaque is composed of cholesterol, fat, calcium and other substances that build up over the years. The build-up of plaque can occur due to various factors like high blood pressure, high cholesterol, poor food choices,

Treatment options for coronary artery disease may include lifestyle changes such as a healthy diet; regular exercise; and abstaining from all forms of nicotine addiction. In many cases, procedures such as angioplasty or bypass surgery will be required to restore blood flow to the heart.

Dissolving Stents or Bio-Resorbable Stents (BRS): Excellence in Innovation

To cater to the unmet demand and crucial need of finding an effective solution to permanently lodged stents, a new

India and its challenges with heart disease:

- India accounts for nearly 60 per cent of the world's heart disease burden
- Cardiovascular disease is responsible for over 47 lakh deaths every year
- Heart attack accounts for nearly 28 per cent of all deaths in India
- Indians are more prone to heart attacks, nearly 50 per cent of all heart attacks occur under the age of 50 and 25 per cent of them under the age of 40
- Over 28, 000 people died of heart attack in 2021
- Over 600,000 life-saving stents are implanted to treat blocked blood vessels per year

Young hearts & heart attacks

One of the biggest concerns amongst cardiologists is the growing events of heart attacks in young adults

smoking, diabetes or genetic pre-disposition.

Symptoms & Treatment:

Symptoms of coronary artery disease can vary depending on the severity of the condition. In certain cases, people may not experience any symptoms while in other conditions, they may complain of chest pain, shoulder or arm pain, breathlessness and/or sweating amongst other symptoms. In some cases, the first symptom of coronary artery disease may be a heart attack.

Diagnosis of coronary artery disease involves a physical examination, medical history and various tests such as an electrocardiogram (ECG), stress test, echocardiogram or cardiac catheterisation.



Dr Keyur Parikh
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generation dissolving stents known as 'BioResorbable stents' got introduced and have since proven to be an applicable solution in comparison to metallic drug eluting stents. Once implanted, these BioResorbable stents provide the required scaffold support to the blood vessel for regulating normal flow of blood to the heart and gradually, dissolve into the blood stream over a period of approximately 36 months, leaving no traces of the implant.

Dr Keyur Parikh, interventional cardiologist and chairman of Marengo C.I.M.S. Hospital, Ahmedabad, Gujarat, informs, "BioResorbable stents can be particularly beneficial for younger patients who suffer from heart blockages as it allows patients to undergo an intervention of the same blood vessel in the future, if required."

Since, BioResorbable stents dissolve completely into the blood stream leaving no traces of stent implant, it also restricts long-term need for blood thinner medication for such patients.

Left Anterior Descending artery blockage: The Widow-maker

A 33-year-old doctor with symptoms of chest pain and discomfort was treated for coronary angioplasty under the supervision of Dr Parikh. On evaluation and after a 2D

echocardiogram test, it was found that there was 100 per cent blockage of the left anterior descending (LAD) artery. A blockage in the left anterior descending artery, also known as the widow-maker, is life-threatening and if not treated immediately, could lead to a fatal heart attack.

"We suggested cardiac catheterisation, angioplasty, and stent to open the blocked artery and use a minimally invasive procedure to insert the stent into the blocked artery," informs Dr Parikh.

As the patient was in the prime of his life, the use of a BioResorbable stent was recommended, which would provide necessary scaffold support to the vessel to help regulate flow of blood and gradually dissolve into the blood stream.

The patient was discharged after 24 hours of observation. He was advised certain lifestyle changes and has now resumed his normal daily activities.

To minimise the chances of developing coronary artery disease, it is advisable to prioritise routine medical check-ups and adopt a healthy lifestyle. For more information, visit www.treatmentzaroorihai.com to read and learn more on heart blockages and available treatment.

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Benefits of the Dissolving Stent

- No permanent caging of the stented artery
- No hindrance to any future re-intervention of the same blood artery as BRS dissolve completely
- Reduced possibility of future adverse events unlike metallic drug eluting stents that still carry a one to two per cent probability of adverse events per year
- Post resorption of BRS. Potentially, there will be no requirement of powerful blood thinners