

Traditionally, reports states that heart disease strikes Indian men a decade earlier than their western counterparts and often without a prior warning sign. According to the Indian Heart Association, 50 per cent of all heart attacks in Indian men occur under 50 years of age and 25 per cent of all heart attacks in are diagnosed under 40. CVDs (Cardio Vascular Diseases) also account for 45 per cent of deaths in the 40-69 year age group.

Heart blockages come with varied warning signs like chest pains, shoulder or arm pain, breathlessness, and sweating amongst others. If one expe-



Treatment Zaroori Hai

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BioResorbable Stents, a boon for young heart patients

Post Covid, across the globe, there has been a significant rise in cardiovascular problems. A lot of young Indian men suffering from MI or heart attack has been encountered in the city of Nagpur

riences these, he/she should seek immediate medical attention. Preventive regular health check-ups, especially cardiac health check-ups, help in early diagnosis of CVD and counselling or treating patients accordingly. Modification in daily routine for a lifestyle disease like CVD is our first recommendation along with cardiac medications; but many a times, we the interventional cardiologists also encounter a young heart patient in need of cardiac intervention to open the blocked arteries through a routine procedure called angioplasty where traditionally, a regular permanent metallic stent is implanted to open the blocked arteries.

These routinely used metal stents are permanent implants which remains in the body even after healing, for life long. The presence of a foreign

patients at young age.

Hence, this led to research and innovation of Bio-Resorbable Scaffold (BRS) or dissolving stents which are made of dissolving polymer, similar to the materials used in dissolving sutures. The main advantage of BRS, when compared to metallic stent, is that it completely resorbs via routine mechanisms in human body system over a period of 24 to 36 months; leaving the heart artery back to its natural state.

Patient's Testimony

A 32-year-old man, began experiencing chest pain along with bilateral shoulder pain. As the chest pain and discomfort grew, he was rushed to the nearby hospital and basic tests revealed an Anterior wall MI (heart attack). Based on the preliminary check-up and reports, he was referred to us for further investigation and treatment. Along with routine investigations, angiography was performed which showed critical blockages in all major arteries.

Angioplasty was recommended, considering his age and

the type of lesion in his artery. Based on the type of lesion, we decided to perform an OCT guided (special catheter with a camera on the tip) angioplasty with indigenously Bio-Resorbable Scaffold or dissolving stents in his right coronary artery. Similar in function to metallic stent, BRS is non-metallic, non-permanent mesh tube that dissolves over time (possibly in two to three years); thus, bringing back the artery to its normal state.

BRS or dissolving stents, unlike permanent metallic stents, does not cage the vessels and pose no hindrance if in future, procedures need to be performed in the same artery. This indigenous scaffold has received approval from the Drugs Controller General of India (DCGI) and CE Approval in Europe. It has been studied in research trials in India and worldwide, supporting its positive safety and efficacy.

Post successful angioplasty, Akshay was discharged in 48 hours and resumed his routine work within a week's time. However, now, he maintains a clear-cut work life balance which includes his lifestyle modification and regular heart health monitoring. Akshay has already completed more than six months of post procedure follow up.

This indigenous dissolving stent is an innovative solution and residents of Nagpur and neighbouring regions will certainly be benefitted from this newly available technology at Avanti Hospital, Nagpur.



Dr. Virag Mahorkar

Director &
Chief of Cardiology
Avanti Institute of
Cardiology Pvt.Ltd.
Nagpur

Benefit of Bio Resorbable Scaffolds (BRS)

Bio Resorbable Scaffolds are a type of absorbable stent used to treat coronary artery disease. They are designed to be gradually absorbed by the body with time. This then allows the treated artery to return to its natural state and function.



Artery with Plaque



Deployment of BRS



Artery Regains its natural state*

Reduced risk of restenosis

No need for stent removal

Improved patient outcomes

Enhanced Vasomotion

Post Healing BRS dissolves completely in 2 to 3 years (approx.) leaving the artery in its natural state.

body in a coronary artery can be problematic in the long term (5-10 years)

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