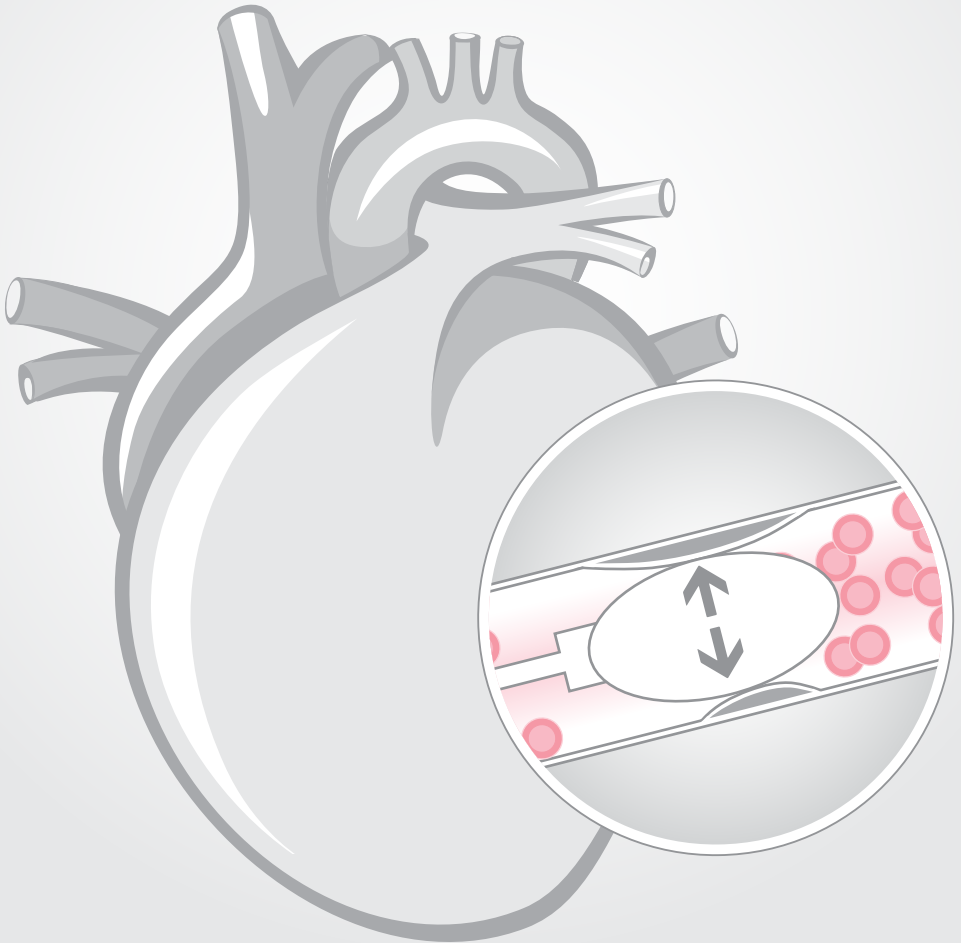




# ANGIOPLASTY

MAKE SPACE FOR A HEALTHY HEART



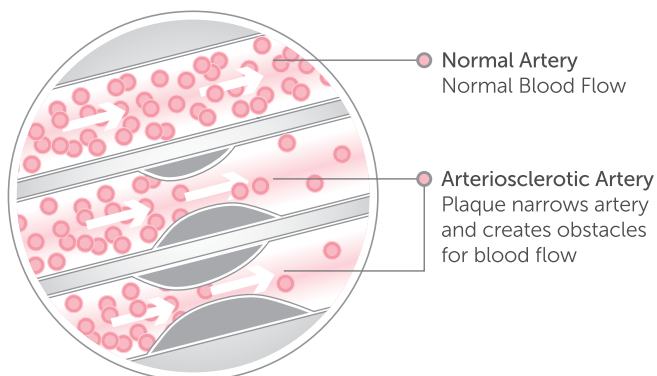
## Care for your heart begins with understanding it

Being diagnosed with Coronary Artery Disease (CAD) does not have to be a cause for more anxiety. A little information on the condition and its remedy can bring in the calmness needed to go into a smooth Angioplasty.

### What is Coronary Artery Disease?

Besides factors like ageing, when the cholesterol and minerals from the blood that get deposited on the inner surface of the coronary arteries build up, they form plaque. Raised plaque could restrict the blood flow through the coronary artery, and even result in roughening of its surface, blood clots and eventually, a narrowed or blocked artery.

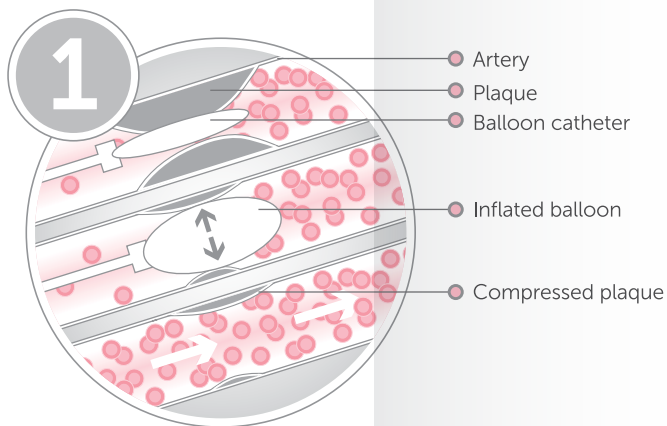
Blocks or damage are called Myocardial Infarction or heart attack and often show up as severe chest pain.



### How is Coronary Artery Disease diagnosed?

If you are at a heredity risk of Coronary Artery Disease or experience its symptoms, you need to get a stress test, electrocardiogram (ECG), and if your doctor suggests, a Coronary Angiogram, which shows exactly where the arteries are narrowed or blocked.

Based on these tests, an Angioplasty may be conducted immediately after the angiogram to open the coronary artery for blood flow.



### HOW IS ANGIOPLASTY PERFORMED?

An Angioplasty is performed in a cardiac catheterization laboratory (Cath Lab). Though awake throughout, you are helped to relax with medication before and during the procedure.

These are the steps in an Angioplasty:

- A sheath is inserted into a blood vessel, in the upper leg, groin area, or arm
- A hollow catheter runs through the sheath to the mouth of the coronary artery
- A tiny balloon is passed through the guiding catheter till it reaches the narrowing of the artery
- The balloon is then inflated to widen the narrowed position of the artery
- This procedure usually lasts between 30 seconds to several minutes, depending on the nature of the block
- Once the artery is opened a stent is placed
- The balloon is then deflated and retracted through the blood vessel

You may experience a chest pain when the balloon is inflated. Although this is because the balloon temporarily blocks the flow of blood and the oxygen to the heart, you must inform your doctor.

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### WHAT IS A STENT?

A stent is an expandable metallic tube, crimped on to a thin balloon. It is implanted permanently at the site of the obstruction, and works like a structural framework to support the artery and keep the vessel open.

- A stent prevents Acute Vessel Closure, when the artery suddenly occludes after balloon dilation
- Metal stents reduce the chance of Restenosis (re-blocking) to 15-25%
- A drug-eluting stent is a metal stent that has been coated with a pharmacologic agent. It helps reduce the chance of Restenosis to 6-8%

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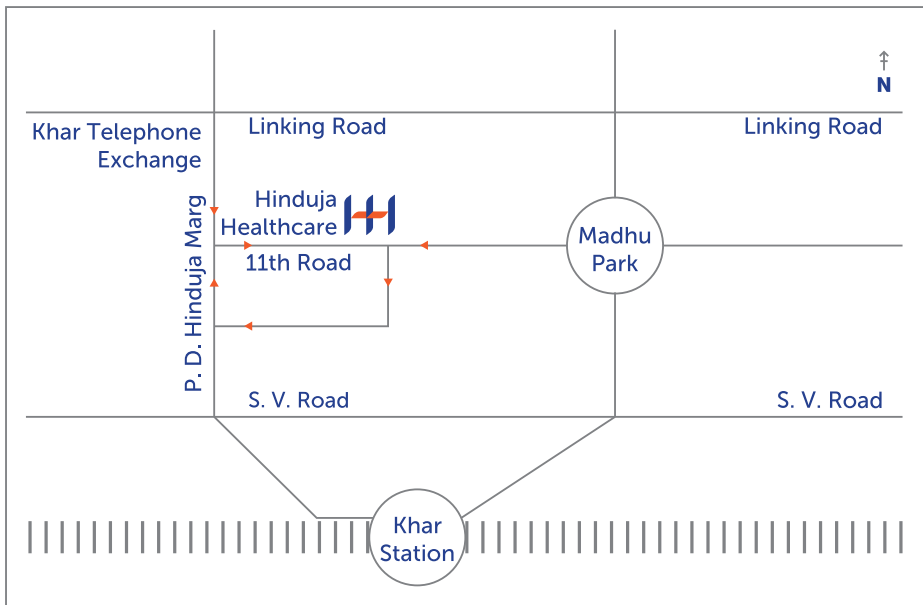
### WHAT HAPPENS AFTER AN ANGIOPLASTY?

After the Angioplasty, you may need to stay at the hospital for 2-3 days. Regular blood pressure, pulse tests and ECGs will also be conducted. Report any discomfort or pressure to the attending nurse or doctor immediately.

You could get back to a regular routine in a few days of returning home, or as directed by your doctor.

**Angioplasty isn't a cure, but reduces the effects of Coronary Artery Disease. To prevent any recurrence, you must:**

- Stop smoking
- Follow a strict diet
- Maintain an ideal body weight
- Control your cholesterol level
- Exercise regularly
- Take your medication regularly
- Regularly monitor your progress with your doctor & tests.



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