



Patient Information Leaflet on Ischemic Heart Disease

Deepthi Enumula^{1,2*} and Chandana Naliganti³

¹Research Scholar, Department of Pharmacy Practice, Sri Ramachandra Faculty of Pharmacy, Sri Ramachandra Institute of Higher Education and Research, Deemed to be University, Chennai, India

²Associate Professor, Department of Pharmacy Practice, Balaji Institute of Pharmaceutical Sciences, Narsampet, Warangal, India

³Associate Professor, Department of Pharmacy Practice, Vaagdevi Institute of Pharmaceutical Sciences, Bollikunta, Warangal, India

***Corresponding Author:** Deepthi Enumula, Research Scholar, Department of Pharmacy Practice, Sri Ramachandra Faculty of Pharmacy, Sri Ramachandra Institute of Higher Education and Research, Deemed to be University, Chennai, India.

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What is ischemic heart disease (IHD)?

Ischemic Heart Disease is a condition in which there is an insufficient supply of blood and oxygen to the heart.

Why there is an insufficient supply of blood and oxygen to the Heart?

Blood to the heart is supplied through blood vessel called coronary artery. When the space in the coronary artery is reduced due to fatty deposits so, less amount of blood is supplied to the heart.

What are the causes for IHD?

- Fat deposits in Coronary arteries
- Birth defects in Coronary arteries
- Increased Heart rate
- Decreased iron content and High thyroid levels

What are the signs and symptoms of IHD?



Chest pain



Shortness of Breath



Cough or
Congestion



Heart Palpitations



Weak and Tiredness



Excess Sweating

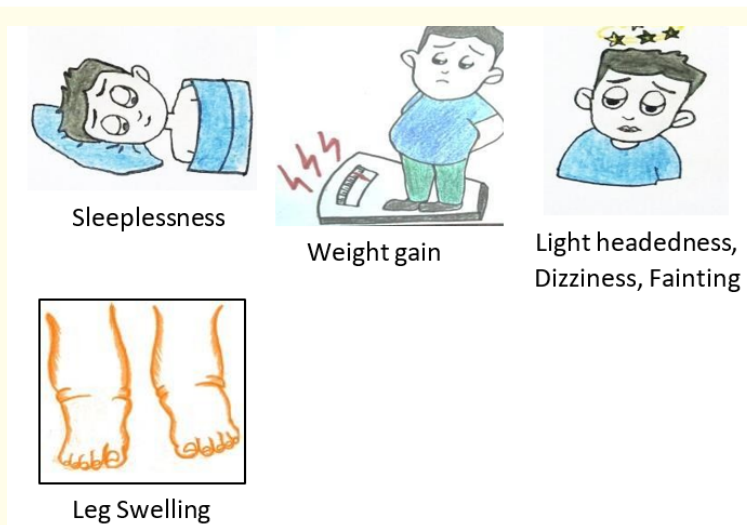


Figure 1

What are the risk factors for IHD?

Non-Modifiable risk factors

- Age (men over 50 and women after menopause)
- Family history
- Previous Heart Attack

Modifiable risk factors

- High sugar levels
- High blood pressure
- High Cholesterol
- Overweight
- Stress
- Smoking
- Little or no Exercise

What are the complications of IHD?

- Heart failure
- Heart attacks
- Abnormal heart rhythm

How is IHD diagnosed?

- Checking for Blood pressure

How IHD is treated?

Treatment includes to reduce symptoms and treat causes of the disease.



Figure 2: Blood tests for Sugar and Cholesterol.

Test	Normal level
Random sugar	70-100 mg/dL
Fasting blood sugar	100-125 mg/dL
HbA1c	4 to 6.5%
Total cholesterol	Less than 200 mg/dL
Triglycerides	Less than 150 mg/dL
HDL cholesterol	More than 50 mg/dL
LDL Cholesterol	Less than 130 mg/dL
Cholesterol to HDL ratio	4-5
Other tests	
Cardiac specific troponins	
Creatine phosphokinase	
Lactic dehydrogenase	

Table 1

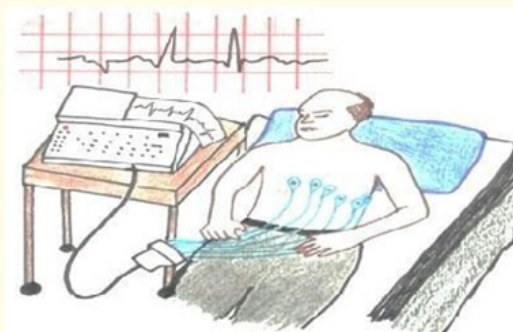


Figure 3: Electrocardiogram (ECG).



Figure 4: Thread mill stress test (TMT).

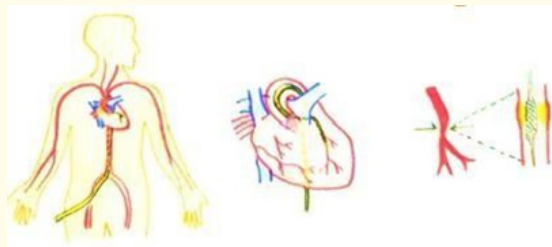


Figure 5: Cardiac Catheterization/Angiogram, to check heart function and blocks.



Stop smoking

Quit Alcohol

Figure 6

- Aspirin is given to prevent blood clots
- Tenecteplase is given to dissolve the blood clot
- Statins are given to control or lower cholesterol levels

Other treatment options

- Angioplasty and Stenting
- Bypass surgery
- Laser angioplasty

Diet recommendations for IHD Patients

- Reduce salt intake (less than 2gm per day/half a teaspoon per day)
- Select Whole grains like wheat, brown rice, barley, whole grain pasta, Oatmeal
- Drink non-fat milk
- Eat fruits and vegetables rich in fibre like Pomegranate, avocado, Cranberries, Watermelon, Oranges, Spinach, Asparagus, Broccoli etc.,
- Eat low fat proteins like skinless poultry, legumes, soybeans, yogurt, egg whites
- Eat fish-Salmon, use refined oil for cooking
- Daily eat 2-4 nuts like Almonds and walnuts
- Avoid eating junk, fried items and canned foods.

Lifestyle changes

- Minimal walking and breathing exercises after discussion with the treating doctor
- Reduce Stress
- Plan for weight reduction
- If you are overweight.

Medications

- Nitro-glycerine, Isosorbide dinitrate for chest pain
- Amlodipine, Atenolol and other antihypertensive drugs are given to lower blood pressure