

# Physician's Guide to the Coronary Artery Disease Pandemic in South Asians



DID YOU KNOW THAT  
50% OF HEART ATTACKS  
IN SOUTH ASIANS OCCUR  
BEFORE THE AGE OF 55?



South Asian  
Heart Center  
EL CAMINO HOSPITAL

# Quick Reference for South Asian Patients

Seemingly healthy non-smoking, non-obese, mostly vegetarian South Asians originating from the Indian sub-continent countries of India, Pakistan, Bangladesh, Sri Lanka and Nepal, routinely show up at emergency rooms with acute myocardial infarction (MI). Traditional guidelines often underestimate the inherent risk of Coronary Artery Disease (CAD) in this vulnerable population. With the aim to reduce premature heart-attacks, the South Asian Heart Center recommends an early and comprehensive assessment and management approach in the primary prevention of CAD in your South Asian patients.

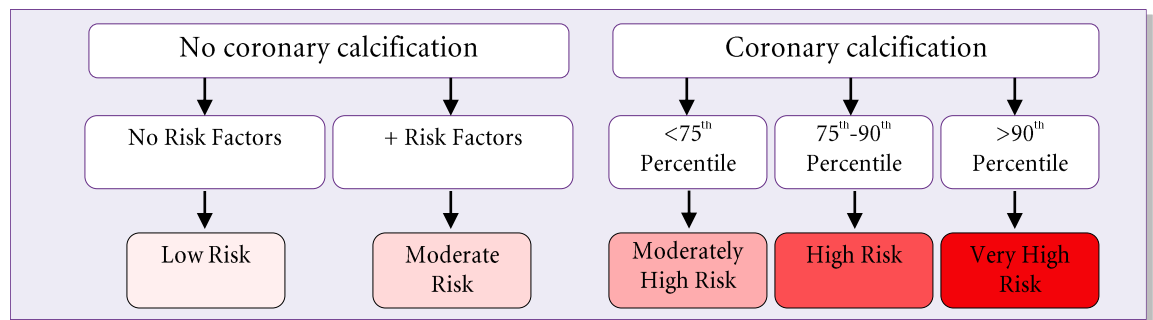
## EDUCATE Step 1: Educate patients on their increased risk for CAD.

South Asians are twice as likely to succumb to a heart-attack compared to people of other ethnicities. Impress upon the need to seek immediate help by calling 911 if they experience chest pain, feelings of indigestion, or any of the symptoms of a heart-attack. Note that women's heart-attack symptoms can be different from men's.

## ASSESS Step 2: Comprehensively assess risk at younger ages (18 years and above).

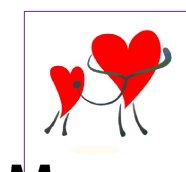
Traditional Factors	Behavioral/Biometric Factors	Genetics/Emerging Factors	Metabolic Factors	Inflammatory/Thrombotic Factors	Presence of Arteriosclerosis
<ul style="list-style-type: none"> <li>- HTN</li> <li>- DM</li> <li>- Lipids</li> </ul>	<ul style="list-style-type: none"> <li>- Exercise</li> <li>- Veg/fruits</li> <li>- Stress</li> <li>- Obesity (BMI, WC)</li> </ul>	<ul style="list-style-type: none"> <li>- Lp(a)</li> <li>- LDL IIIa+b</li> <li>- HDL2b</li> </ul>	<ul style="list-style-type: none"> <li>- Insulin</li> <li>- Glucose</li> <li>- Homocysteine</li> </ul>	<ul style="list-style-type: none"> <li>- CRP</li> <li>- Fibrinogen</li> </ul>	<ul style="list-style-type: none"> <li>- Calcium score</li> </ul>

## IDENTIFY Step 3: Stratify risk based on severity of CAD and presence of risk factors.



## MANAGE Step 4: Aggressively manage risk factors through lifestyle and pharmacotherapy.

Educate patients on the benefits of Therapeutic Lifestyle Changes (TLC) and follow-up with them routinely to re-assess risk and efficacy of therapeutic management.



### MEDICATIONS

- Start with TLC
- As indicated/tolerated



### EXERCISE

- Daily aerobic activity
- Varied and vigorous



### DIET

- Greens over grains
- Portion the plate



### STRESS REDUCTION

- Daily meditation
- Adequate sleep