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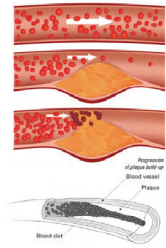
Coronary heart disease

- Coronary heart disease (CHD) is among the leading causes of death worldwide.[1]
- CHD occurs when plaque builds up inside the coronary arteries. These arteries supply your heart muscle with oxygen-rich blood.[2]
- Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood. Over time, plaque hardens and narrows the arteries, reducing blood flow to your heart muscle.[2]



- Eventually, an area of plaque can rupture, causing a blood clot to form on the surface of the plaque.

  If the clot becomes large enough, it can mostly or completely block the flow of oxygen-rich blood to the part of the heart muscle fed by the artery. This can lead to angina or a heart attack.[2]

Angina

Angina is chest pain or discomfort that occurs when not enough oxygen-rich blood is flowing to an area of your heart muscle.[2]

What are the symptoms (warning signs) of angina?[2,3]

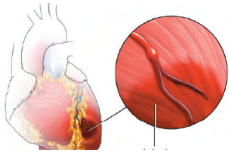
- Pressure, a tightening, squeezing or cramping feeling in:
- your chest or arms
- your neck, jaw or throat
- your shoulders or back

A burning feeling in your chest that may feel like heartburn[3]
Out of breath or shortness of breath.[3]

Heart attacks

A heart attack occurs when blood flow to an area of your heart muscle is completely blocked.[2]

This prevents oxygen-rich blood from reaching that area of heart muscle, causing it to die. Without quick treatment, a heart attack can lead to serious problems or death.[2]



Call your family doctor or cardiologist right away if you feel angina symptoms: Go to the Emergency unit

Symptoms of a heart attack are similar to an angina but, the symptoms last longer and are usually more severe.[3]

You might be having a heart attack if you have any of these kinds of feelings or pain in your chest:[3]

- Pressure • Tightness • Burning • Heaviness
- Squeezing in the upper body lasting longer than 15 minutes

Sometimes the symptoms listed above may feel mild. If you have some of these other symptoms as well, you may be having a heart attack.[3,4]

- Sweating • Nausea • Palpitations (your heart beating very fast)
- Dizziness • Weakness • Trouble breathing (shortness of breath)
- Vomiting

Diagnosis

- Several tests can be performed in an emergency department to determine if a heart attack is occurring.[4]

- Blood tests can detect certain substances in the blood that are released during a heart attack.[4]

- An electrocardiogram (ECG, EKG) can reveal heart attacks and heart rhythm problems.[4]

How is coronary heart disease treated?

There is no cure for coronary heart disease (CHD).
But, you can help slow the narrowing of your arteries.[3]

To improve your heart health, you can:[4,5]

- Quit smoking
- Control conditions such as high blood pressure, high cholesterol and diabetes
- Stay physically active
- Eat a low saturated fat, low-salt diet that's rich in fruits, vegetables and whole grains
- Maintain a healthy weight
- Reduce and manage stress

Other treatments may include[3]

- Medicines
- Angioplasty
- Coronary artery bypass graft (CABG) surgery

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Some examples of medicines that may be used to treat CAD[3]	How the medicine works[3]
Nitrates	• Open up your blood vessels • Increases the amount of blood flow to your heart • Prevents or treats chest pain
Antiplatelet drugs	• Prevents platelets (clotting material in your blood) from sticking together • Reduces your risk of having a heart attack
Beta blockers	• Slows your heart rate • Decreases the amount of oxygen needed by your heart • Decreases your blood pressure
Calcium channel blockers	• Opens up blood vessels to increase blood flow to the heart • May also slow your heart rate • Decreases your blood pressure
Cholesterol lowering agents	• Lowers your cholesterol when diet and exercise is not enough
Angiotension converting enzyme (ACE) inhibitors Angiotension receptor blockers (ARB)	• May slow, prevent or reverse damage to your heart muscle after you have had a heart attack • Decreases your blood pressure

Surgery

Sometimes medicines may not work well for you.
If this happens, your doctor may suggest one of these surgeries.[5]

- Interventional procedures to treat coronary artery disease include balloon angioplasty (PTCA) and stent or drug-eluting stent placement.[5]
- Coronary artery bypass graft (CABG) surgery.[5]

Follow up care

Your cardiologist will want to see you on a regular basis for a physical exam and possibly to perform diagnostic tests. Your doctor will use the information gained from these visits to monitor the progress of your treatment.[5]

For more information regarding this medicine please read the Patient Information Leaflet.

High blood pressure

- Hypertension - or high blood pressure - is a serious medical condition that significantly increases your risk of heart, brain, kidney and other diseases.[6]
- Hypertension is also known as a “silent killer”. Most people with high blood pressure are unaware of the problem because it may have no warning signs or symptoms and a significant amount of people are not treated. For this reason, it is essential that blood pressure is measured regularly.[7]
- Enough pressure is needed in the arteries for blood to travel from the heart to the different parts of the body. High blood pressure is when the force of the blood flowing through the blood vessels is persistently too high. It is normal for blood pressure to fluctuate, therefore high blood pressure is only diagnosed when it remains high on several occasions or when it is dangerously high on one occasion.[8]
- A blood pressure measurement is recorded as two numbers: systolic and diastolic blood pressure and is expressed as one figure “over” another.[8]
- High blood pressure is diagnosed when blood pressure is 140/90 mmHg or more on at least three separate occasions, when measured correctly.[7,8]

High cholesterol

- High blood cholesterol levels can slowly cause build-up of cholesterol and other waste products in the inner walls of your arteries.[9]
- If left unchecked, it can eventually form plaques; thick hard deposits that can narrow arteries and make them less flexible. If a clot forms and blocks a narrowed artery that feeds the heart or brain, it can result in a heart attack or stroke. Therefore, high cholesterol is one of the most important risk factors for cardiovascular disease.[9]
- Cholesterol that is transported from your liver to the rest of the body is carried in transporters called low density lipoproteins, also known as LDL-cholesterol.[9]
- High density lipoprotein or HDL, collects cholesterol from the rest of your body and blood vessels, and returns it to the liver.[9]
- High levels of LDL cholesterol are associated with heart disease, and is often called ‘bad cholesterol’. HDL on the other hand, ‘cleans’ the blood vessels of cholesterol and is therefore commonly referred to as ‘good’ cholesterol.[9]
- Another type of cholesterol, is called triglycerides. This is a measure of the amount of fat that is being transported in the blood, which could be from fatty food that was recently eaten, or from fat production in the liver. High fasting levels of triglycerides in the blood increases the risk of heart diseases and strokes.[9]
- Dyslipidaemia is having a high level of fats (cholesterol, triglycerides, or both) or a low high-density lipoprotein (HDL) cholesterol level in your body.[10]
- Depending on your individual profile, your doctor may either recommend making lifestyle changes and/or taking medication. The most common medication to treat high cholesterol levels is a group of medications called statins.[9]

Coronary Heart Disease Risk Factors

Major risk factors – These factors significantly increase the risk of heart and blood vessel disease.[11]

- Increasing Age
- Male gender
- Hereditary (including race)

Modifiable risk factors – Some major risk factors can be modified, treated or controlled through medications or lifestyle change.[11]

- Tobacco smoke
- High blood cholesterol
- High blood pressure
- Physical Inactivity
- Obesity and being overweight
- Diabetes

Contributing risk factors – Factors associated with increased risk of cardiovascular disease.[11]

- Stress
- Alcohol
- Diet and nutrition

For full prescriber information, please refer to the professional information approved by the medicine regulatory authority.

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sanofi-aventis south africa (pty) ltd. Reg. No. 1996/010381/07. Floor 5, Building I, Hertford Office Park, 90 Bekker Road, Midrand, 2196. Tel: 011 256 3700.
For Medical Information Enquiries kindly contact: ZA.Medinfo@sanofi.com
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