

## Heart Attack Patients without Obstructive CAD at High Risk of Residual Angina



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According to new research published in the *European Heart Journal - Quality of Care and Clinical Outcomes*, patients without obstructive coronary artery disease (CAD) have the same risk of angina as those with obstructive CAD.

The researchers observe that patients are at a significant risk of incurring residual angina following a heart attack even if they do not have obstructive CAD. During this study, data of 5539 patients from 31 hospitals was analysed. The findings show that patients without obstructive CAD were as likely to have an angina within 12 months of having a heart attack as those with obstructive CAD. These patients are also as likely to be re-hospitalised in the year following the heart attack as those with CAD.

According to Dr Anna Grodzinsky, a Saint Luke's Mid America Heart Institute Cardiovascular Fellow in Kansas City, Missouri and lead author of the article, "our findings highlight the importance of aggressive medical therapy and follow-up in patients with MI and no obstructive CAD, in order to potentially reduce their burden of angina, improve the quality of life, and prevent re-hospitalisations."

She also points out that non-invasive strategies could reduce angina burden and could have significant impact on the health and quality of life of the patients. Since angina is a modifiable condition, the right strategies could improve symptoms as well as reduce healthcare costs.

Source: European Heart Journal

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