

Voices of Ischemia

Give a voice to stable ischemic heart disease in your practice

Identifying Symptomatic Ischemia

Do your patients have these risk factors?

Patients with the following cardiovascular risk factors may be at risk for ischemia and angina¹:

- Hypertension
- Hyperlipidemia
- Diabetes and insulin resistance
- Lack of physical activity
- Obesity
- Mental stress and depression
- Smoking

Give ischemia a voice

Asking your patients these questions may help uncover chronic angina in your practice:

- Are you able to walk up a flight of stairs without becoming out of breath, feeling chest pain, or needing to rest?
- Do you ever feel short of breath after exertion?
- Do you ever have pain or discomfort in your chest, arm, back, or shoulder?
- Have you eliminated activities you could do 1 year ago?

REFERENCES

1. Ridker PM, Libby P. Risk factors for atherothrombotic disease. In: Braunwald E, Libby P, Bonow RO, Mann DL, Zipes DP, eds. *Braunwald's Heart Disease: A Textbook of Cardiovascular Medicine*. 8th ed. Philadelphia, PA: Saunders Elsevier; 2008:1003-1012.