Coronary artery diseases, perspectives in the diagnosis and how to prevent them

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Coronary artery disease: Is a disease of the coronary blood vessels that supply the heart muscle. the arteries that carry oxygen to the heart are blocked by calcium. They are associated with the accumulation of fatty deposits in the arteries, which is known as atherosclerosis. This can lead to heart attacks or angina pectoris.

The risk factores are: race, age, family history of heart disease, Smoking, High blood pressure, High cholesterol, triglycerides, Obesity, sedentary life, Mellitus diabetes Oral contraceptives (in women),Consumption of alcohol, stress Depression.

The cardiovascular diseases and diabetes continue to be the leading cause of mortality in adult in the adult population in the Western world. Currently the first cause of death is still cardiovascular diseases. Patients with risk factors such as age, chronic diseases (such as diabetes and hypertension), kidney failure, obesity, among others, are highly affected by cardiovascular complications.

Cardiovascular imaging plays an important role in the evaluation of patients with coronary artery disease (CAD), whether known or suspected, such as coronary angiography (CACG), magnetic resonance imaging (MRI), CT angiography of the heart and its arteries (CT angiography).), myocardial perfusion studies with single photon emission computed tomography (SPECT) and positron emission tomography (PET). SPECT has been installed as a useful tool, widely available, reliable and valuable, with them it is possible to analyze coronary perfusion, mobility and thickening of the walls of the left ventricle. Those that are strong evidence of coronary artery disease

Biography

Ma. Amparo is a Medical doctor with over fifteen years of experience in Nuclear Medicine and Nuclear Cardiology. Some experience in family medical. A specialty in Nuclear Medicine, a Master degree in Clinical Research. Additional studies and courseworks in several medical topics: in Radiological Protection, Medical Scintigraphy, Cardiologycal Imaging and Cardiologycal PET. Cardiovascular Computerized Angiotomography, Lately a Master degree in Clinical Research. A training in Cardiologycal emergency, Internal Medicine, Medical Administrative skills, Training in online teaching, Postgraduate training in Nuclear Cardiology. Multiple participations in international meetings and congresses as a speaker, winner of several awards in some of these presentations.