

# Battling Heart Disease

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Boulder Community Health

1. What are the Heart Diseases?
2. Contemporary treatment options
3. Screening
4. Prevention
5. Some things to do!

## The Rising

One day  
Your soul will call to you  
With a holy rage.  
Rise up! It will say  
Stand up inside your own skin  
Unmask your un-lived life...  
Feast on your animal's HEART



Unfasten your fist  
Let loose the medicine in your own hand.  
Show me the lines.  
I will show you the spoor of the ancestors.  
Show me the creases. I will show you the way  
to water.  
Show me the folds. I will show you the furrows  
for your healing.





# In Memory

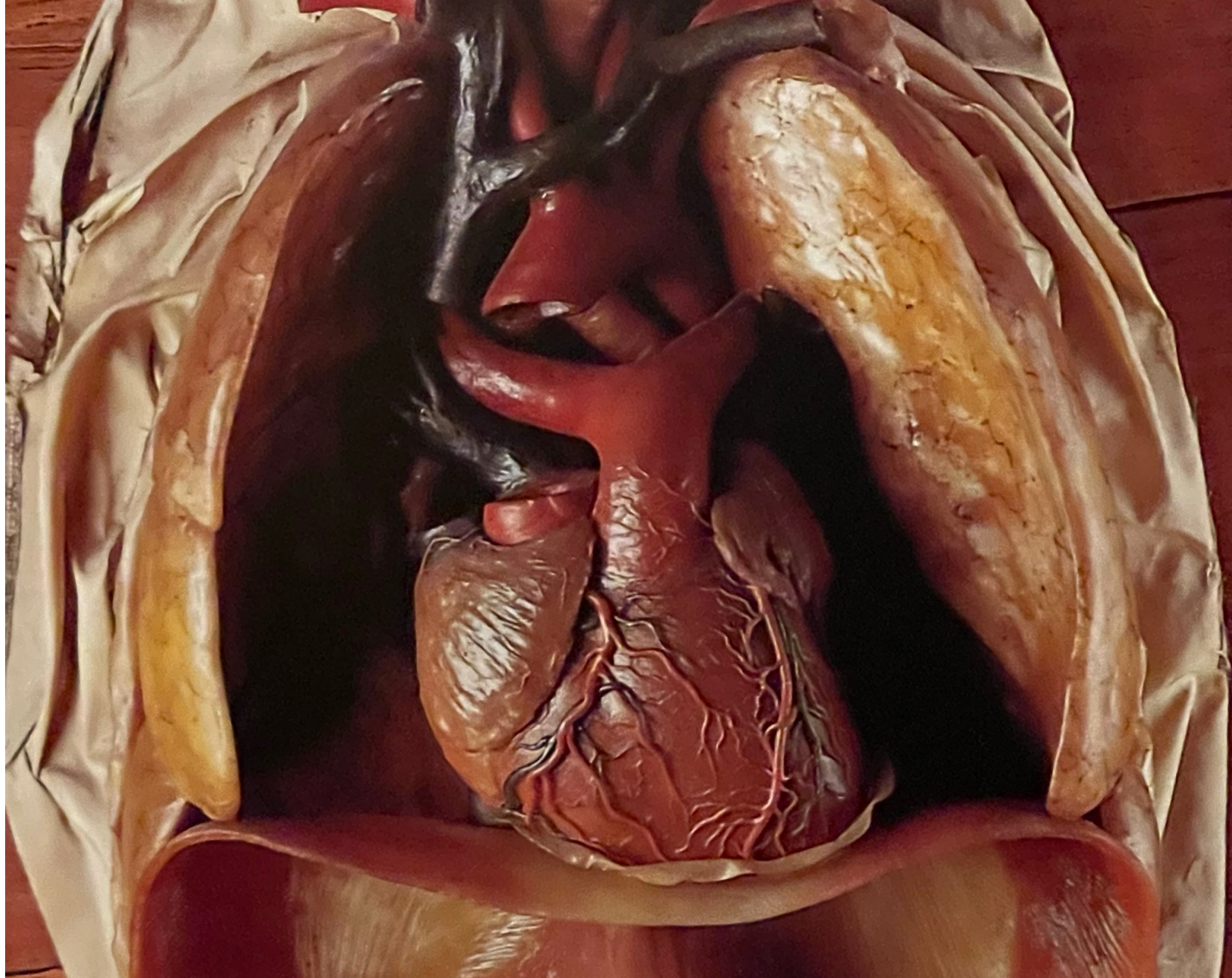
Look! It will say  
The line of life has four paths  
One with a mirror  
One with a mask  
One with a fist  
One with a heart!  
One day your soul will call to you  
with a holy rage!

~ Ian McCalium









# What are the Heart Diseases?

- Heart sack or pericardium
- Heart muscle
- Heart valves
- Heart electrical system
- Heart arteries
- Great vessels

# Normal





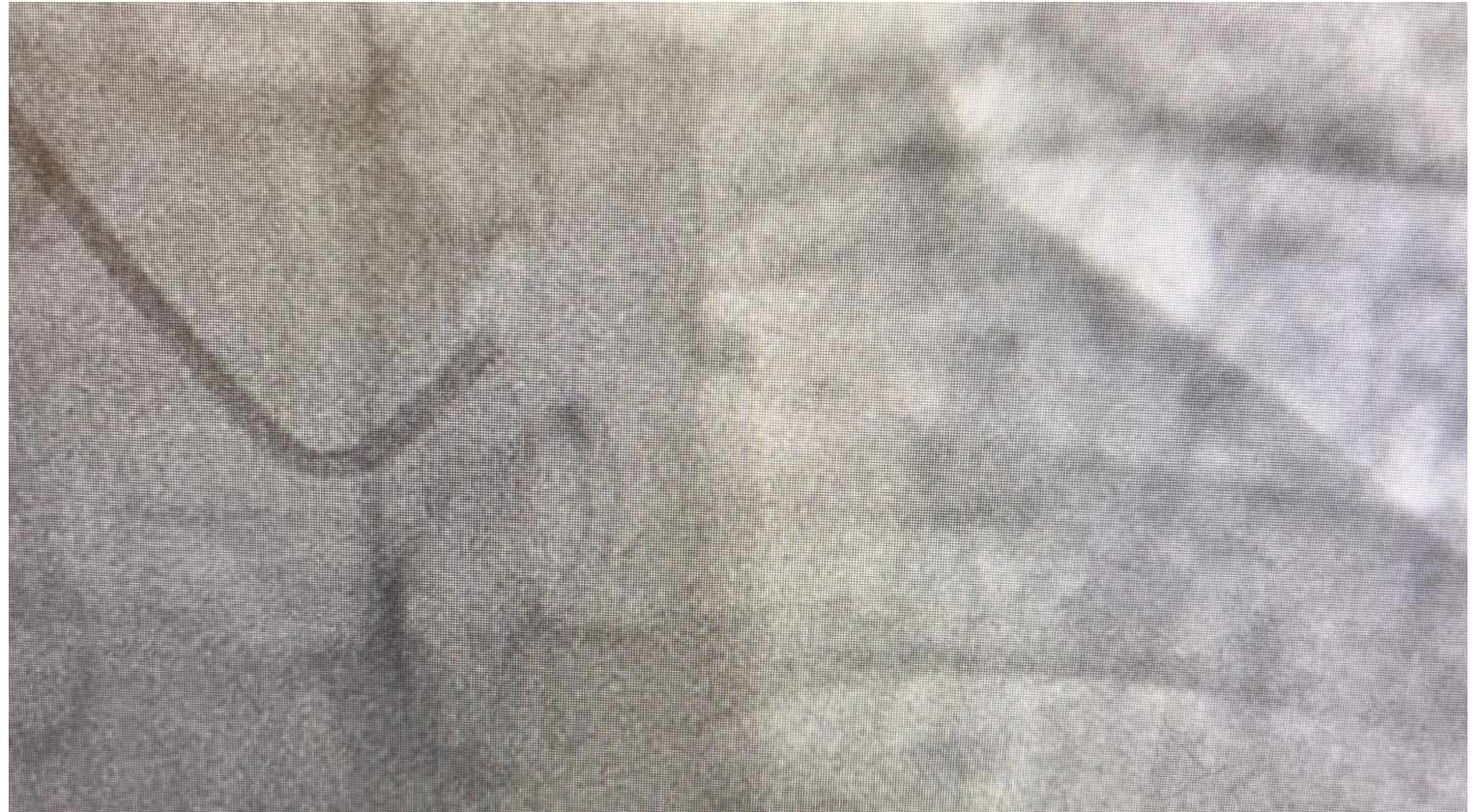
# Heart Artery

- Medications
- Stent
  - Shock Wave Balloon
  - Drug Eluting Stents
    - Less time on blood thinners
- Surgery





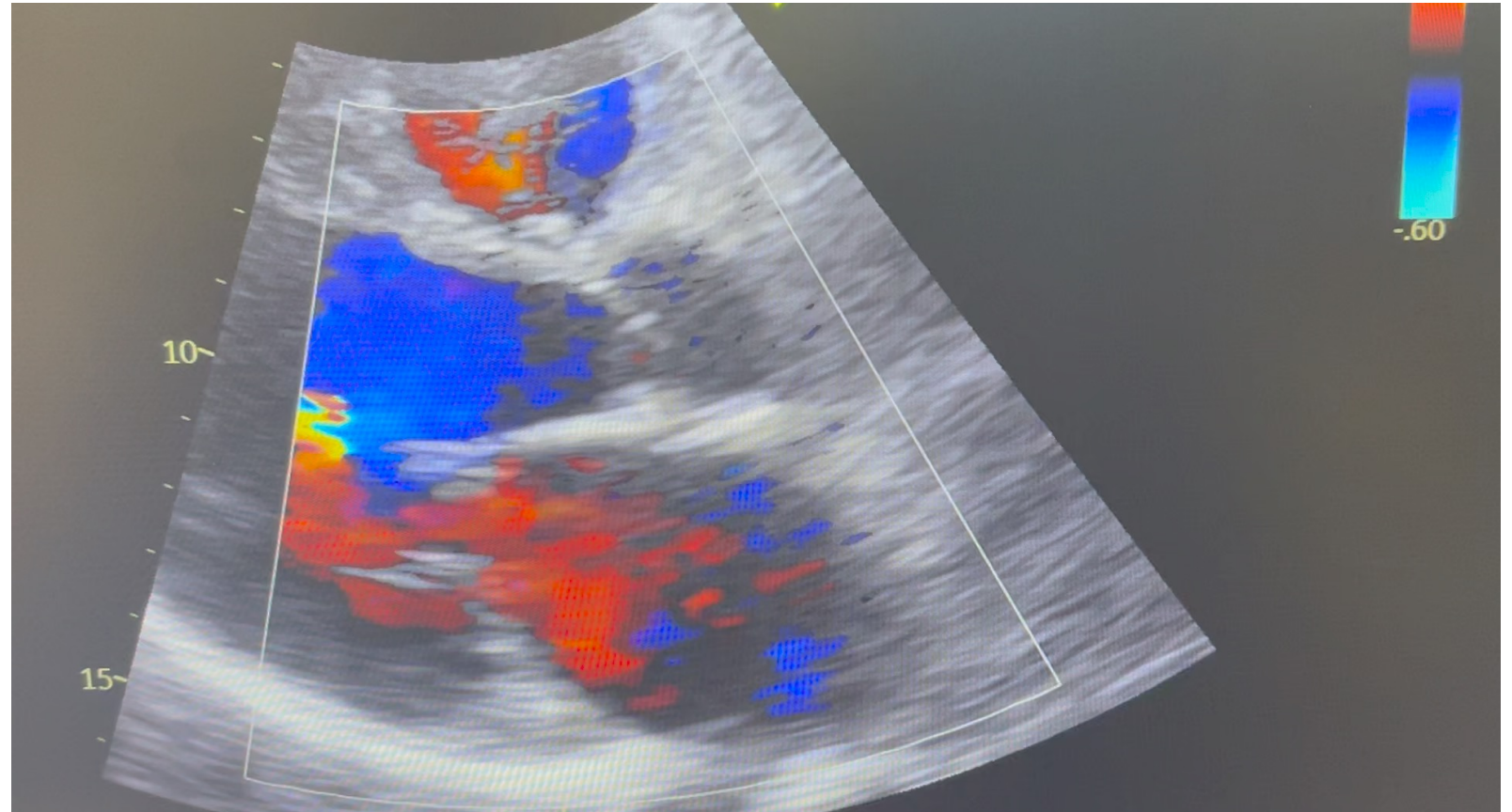
- Medications:
  - Aspirin
  - Statins
  - ACE
  - Beta blockers
  - Nitrates
  - Zetia
  - PCSK-9 inhibitors
  - GLP1 Agonists



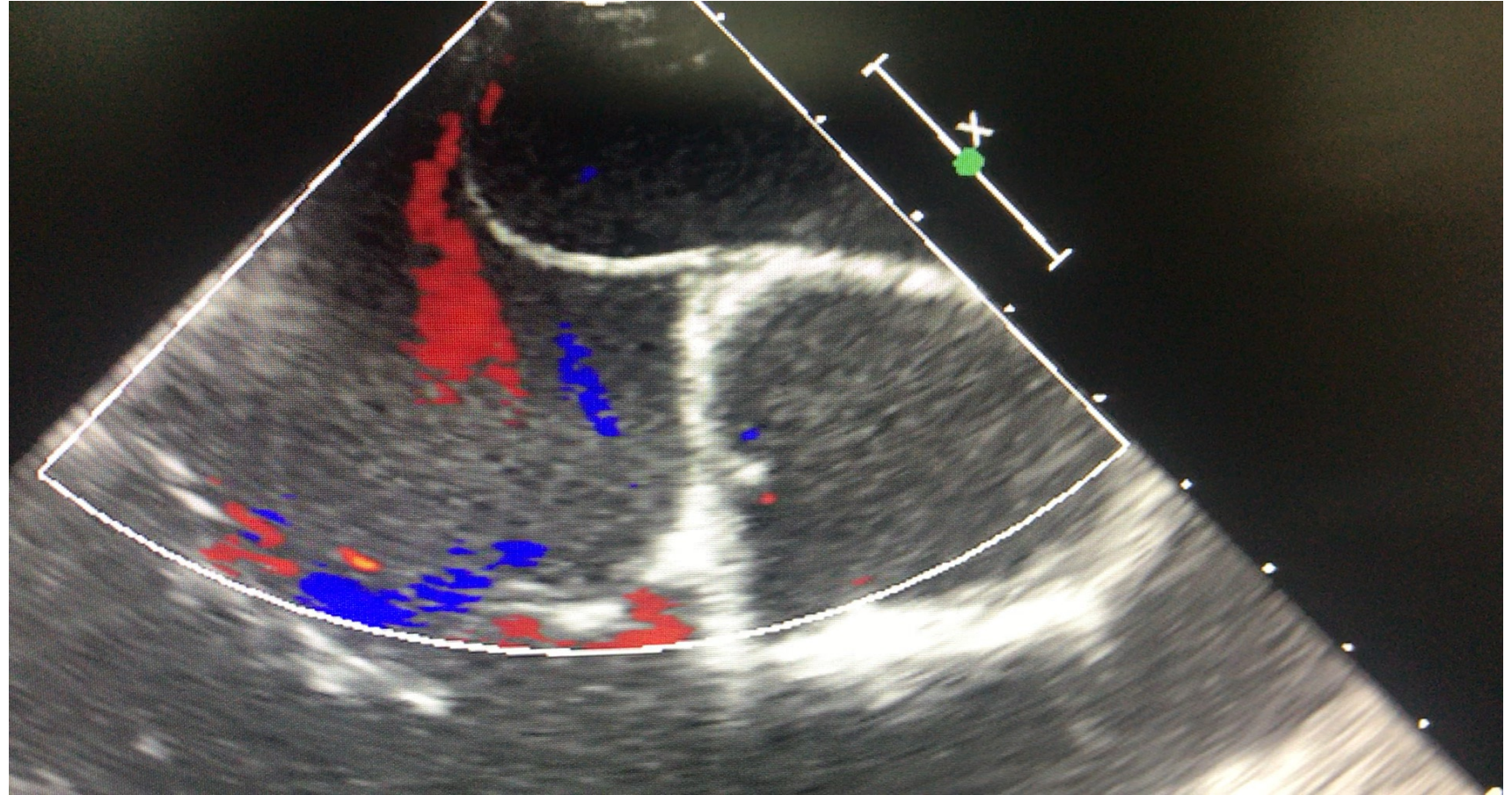


# Heart Valve

- Surgery
  - Robotic
  - Standard
- Percutaneous
  - TAVR
  - TMVR
  - Mitral Clip



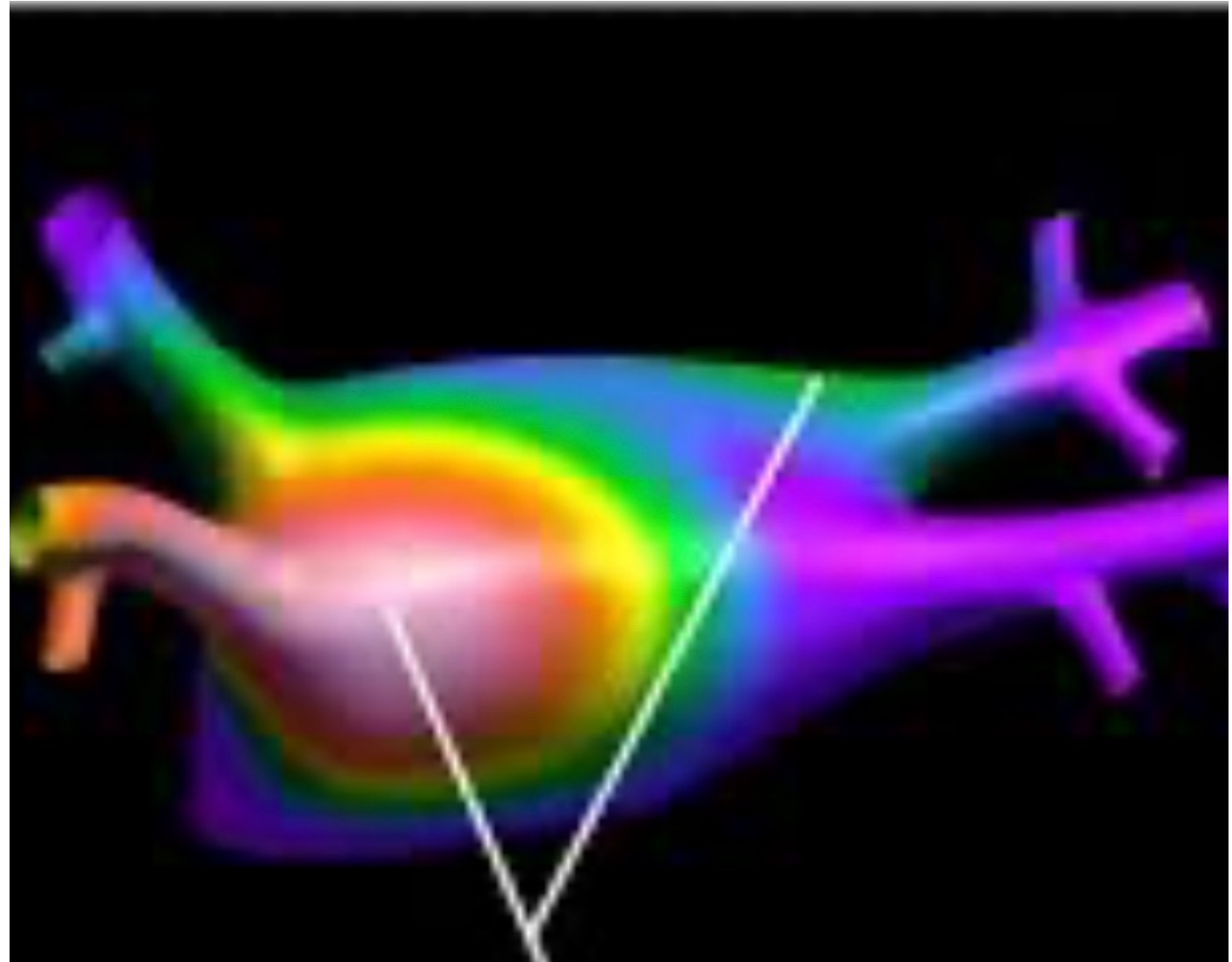
- Surgery
- Percutaneous
  - Watchman





# Heart Arrhythmias

- Medications
- Ablation
- Surgery

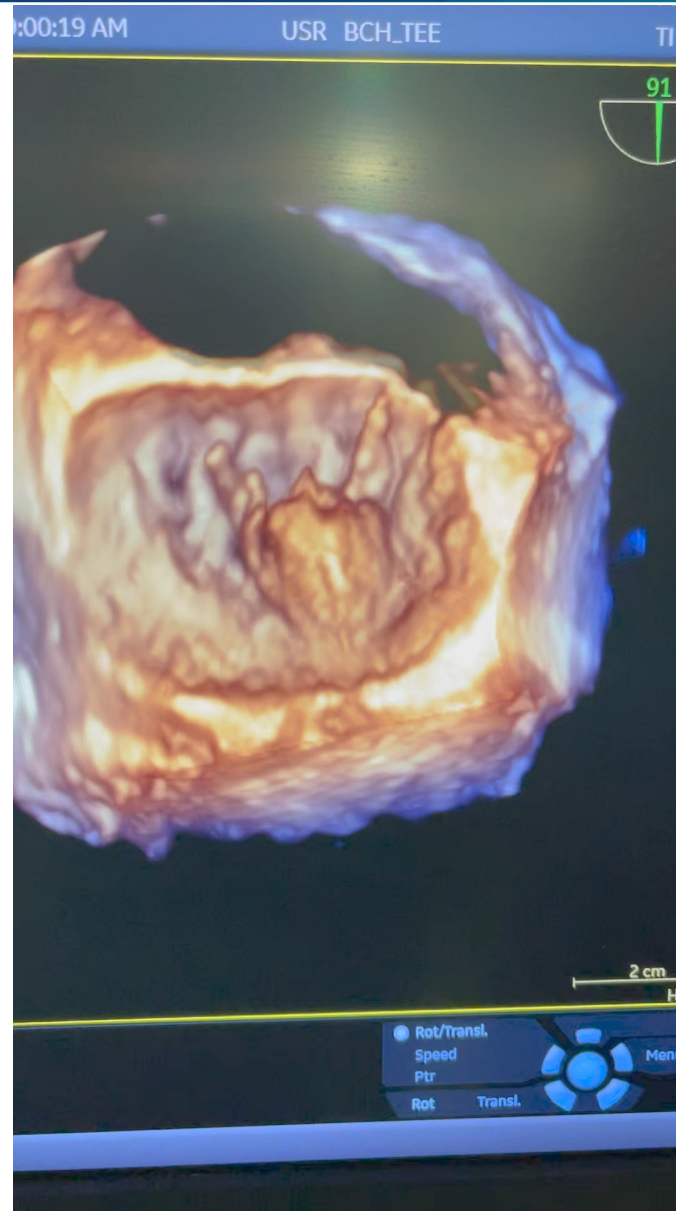




- Identify disease
- Have a therapy
- Starting the therapy early makes a difference.

# Screening Valvular Heart Disease

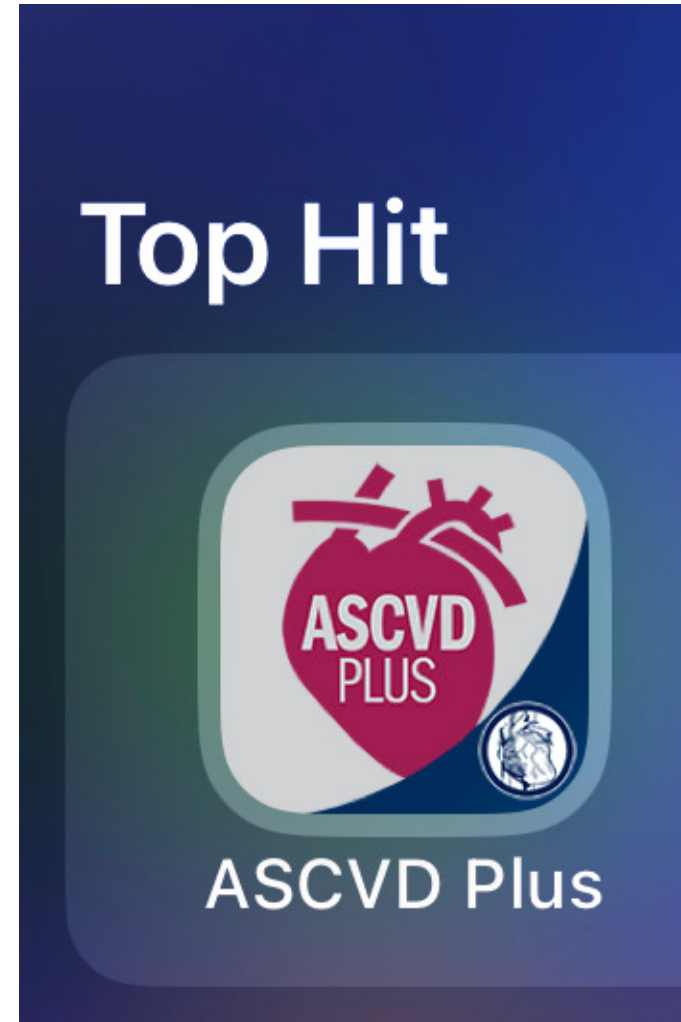
- Echo
- TAVR or MVR
- Earlier is better



- History
- Physical
- EKG
- Labs

# Coronary Artery Disease

- Standard Risk
  - Hypertension
  - Smoking
  - Dyslipidemia
  - Diabetes
  - Age
  - Gender
  - ASCVD RISK SCORE

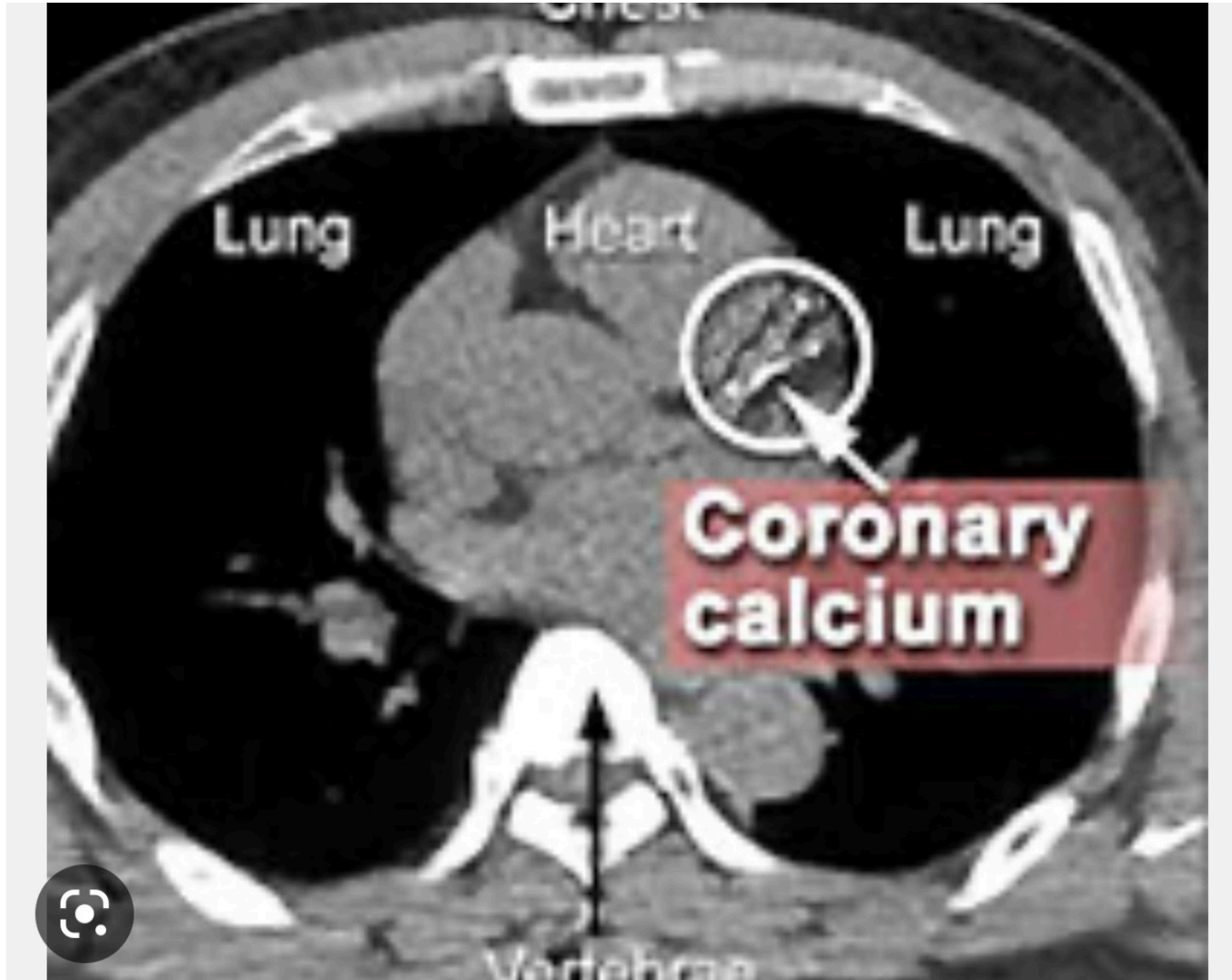


- Social Determinants
  - Mental Health
    - Depression
    - Anxiety
    - Isolation
    - Neglect
    - Addiction
  - Employment/insurance
  - Education



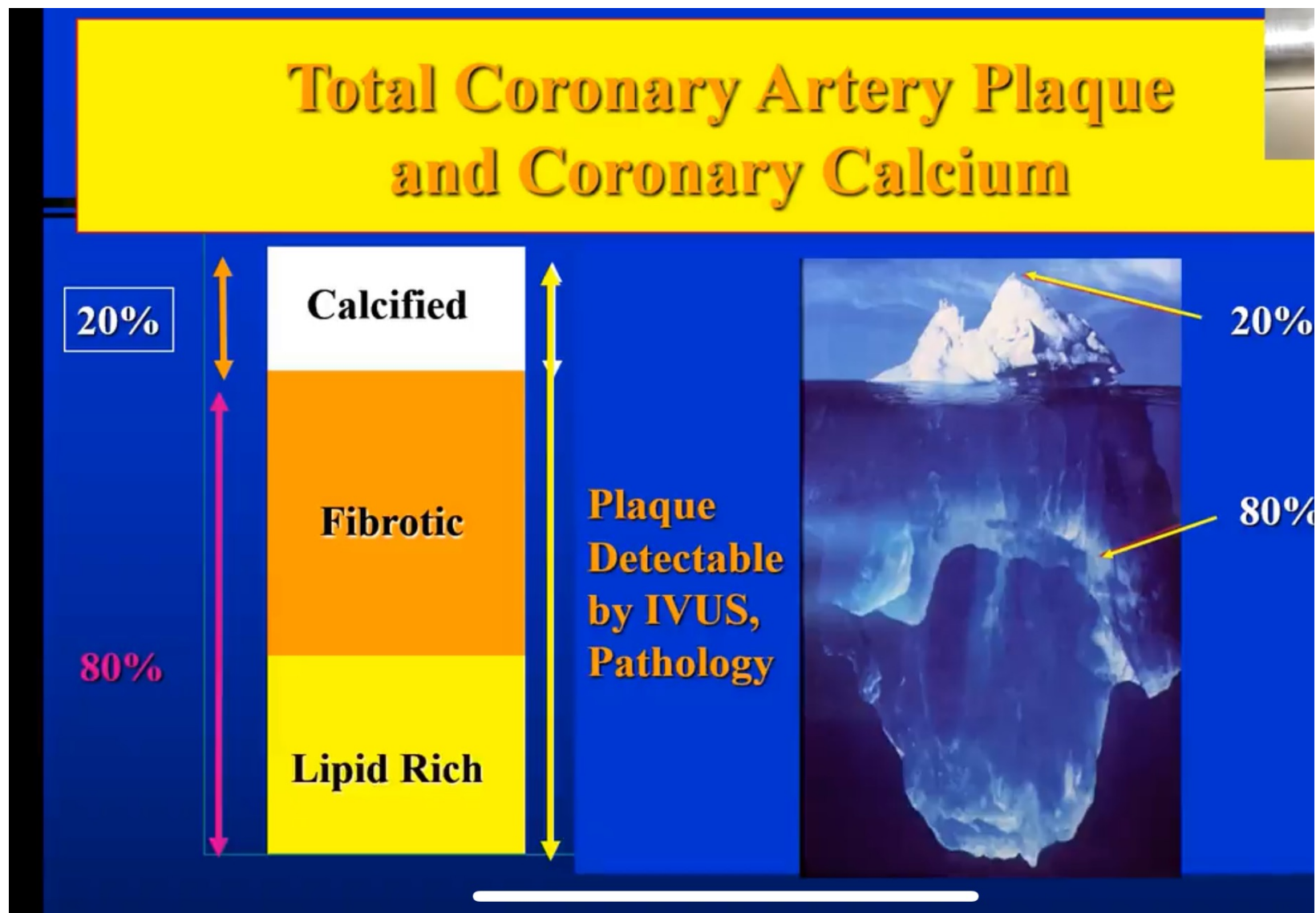
- Access to care
- Nutrition
- Environment

# Calcium Score



# Calcium Score

- 0 score
- 0-100
- >100



# Coronary Artery Disease

- CT Based angiography





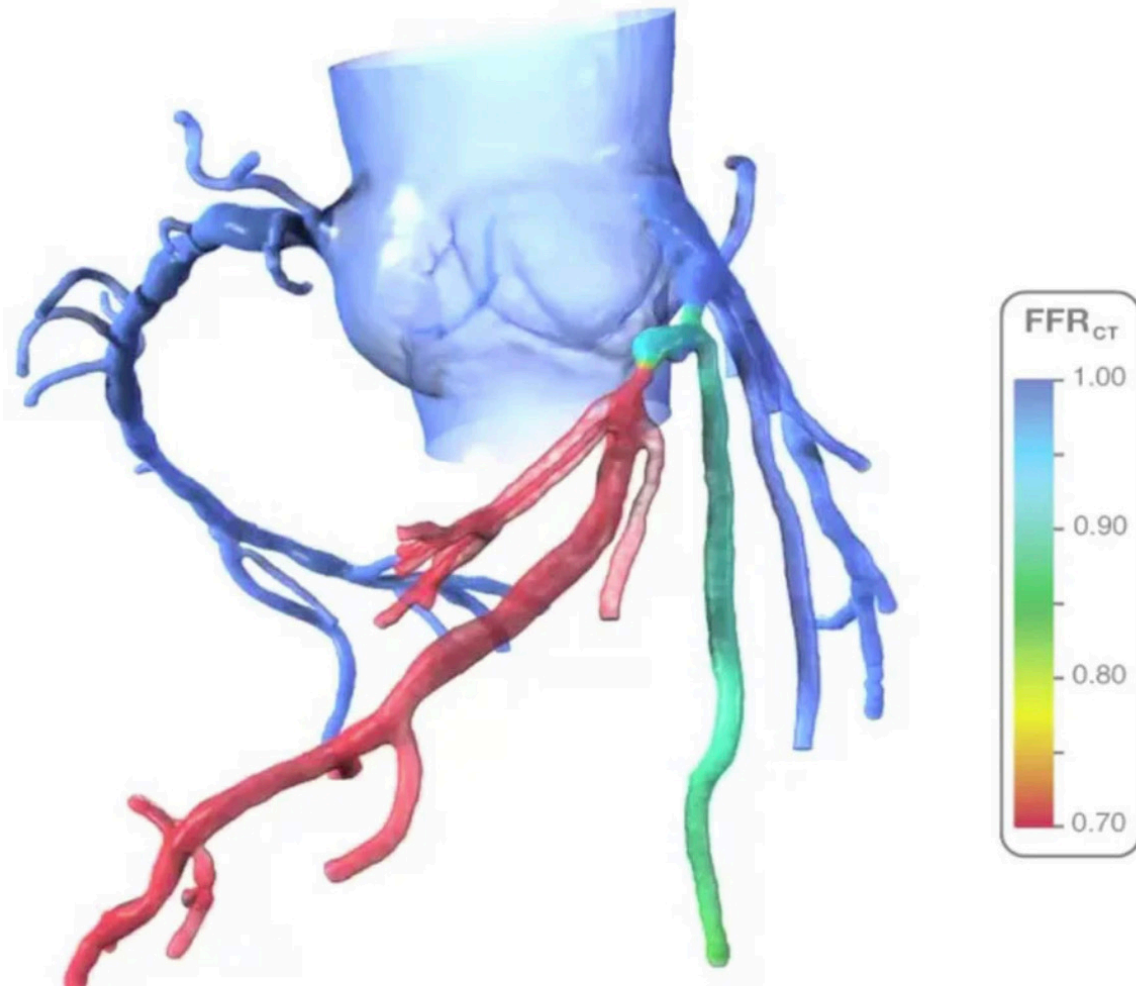
# Screening





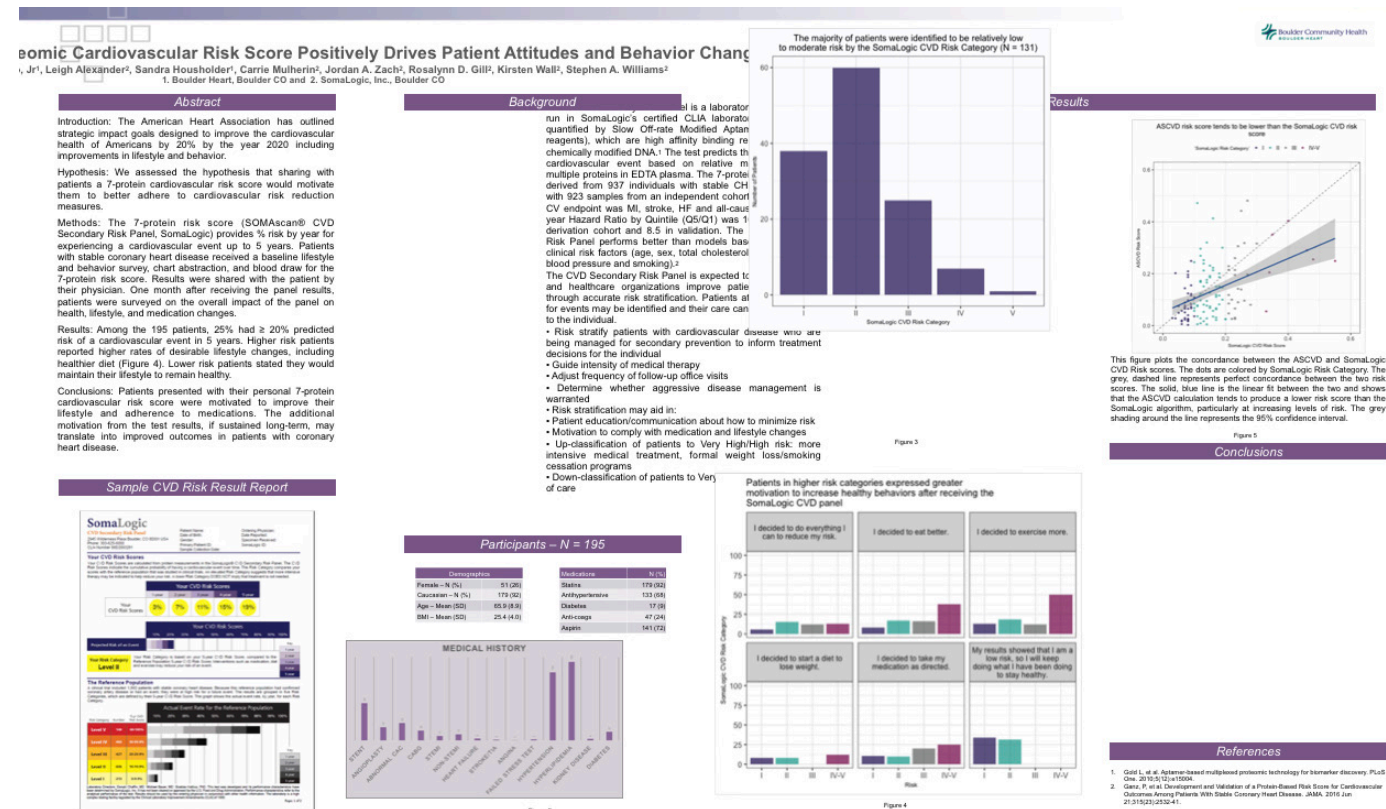
# New Modalities

- HeartFlow
- Cleerly



# Proteomics Somalogic

- Identify both primary and secondary risk of heart attack/stroke/hospital stay and death.
- Guides physician and patient decisions.



# What Can Be Done? InterHeart/Stroke Trials

- Tobacco cessation
- Manage blood pressure
- Lower cholesterol
- Treat diabetes
- Exercise
- Fruits and vegetables
- Address isolation/depression
- Alcohol
- Address obesity

- Aerobic
- Mind-body
- Strength

- Church
- Rotary
- Senior Center
- Book Group

- Real food
- Mostly plants
- Not too much

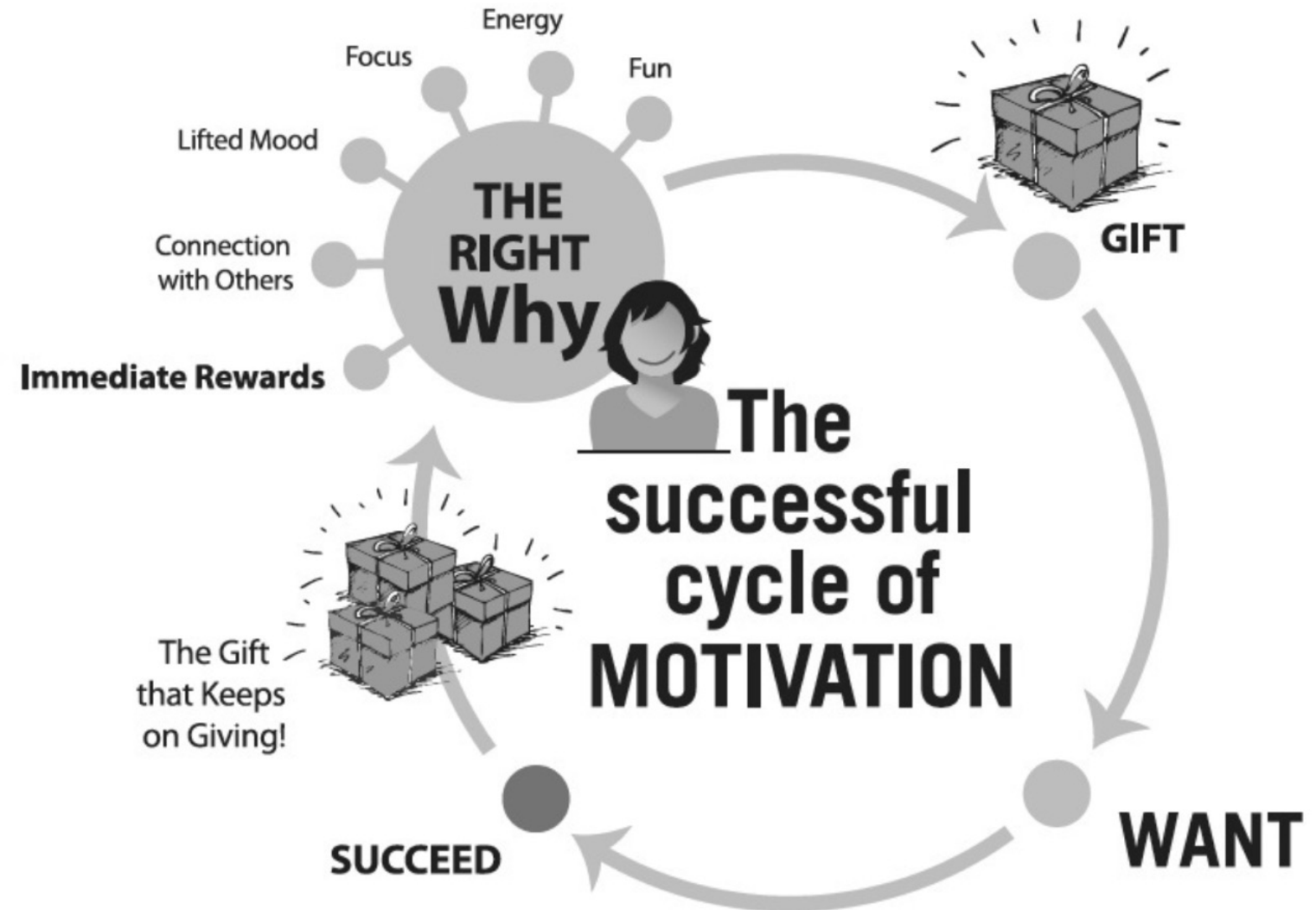


# Breathe



# Change

- From chore to gift



# Thank You

Questions?



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