



# Ischemic Heart Disease and its Efficient Treatment

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## DESCRIPTION

Reduced blood flow to the heart muscle as a result of the coronary arteries narrowing or obstructing is the characteristics of Ischemic Heart Disease (IHD), sometimes referred to as Coronary Artery Disease (CAD). Around the world, it is the primary cause of morbidity and mortality. Understanding its pathophysiology, risk factors, clinical manifestations, diagnosis, and management is crucial for addressing this prevalent health issue. IHD primarily results from atherosclerosis, a process where plaque builds up on the inner walls of the arteries. Blood components such as calcium, fat, cholesterol, and other elements make up plaques. Over time, these plaques harden and narrow the arteries, limiting the flow of oxygen-rich blood to the heart muscle. When the blood supply is insufficient, it can lead to angina (chest pain) or, if the artery is completely blocked a myocardial infarction (heart attack). The term "ischemic heart disease" describes heart weakness brought on by a decrease in blood flow to the heart. Usually, coronary artery disease is a disorder that happens when your coronary arteries narrow decreases blood flow. Another name for ischemic heart disease is cardiac ischemia, or ischemic cardiomyopathy.

Enhancing the blood supply to the heart muscle is the main objective of treatment for myocardial ischemia. A healthcare professional may advise medicine, surgery, or both, depending on how serious the condition is. With heart disease, the average woman should expect to live 7.9 years at age 50, compared to 6.7 years for the average man. Women are more likely than males to experience a time of illness and diagnosis without experiencing a heart attack at any age. Men are expected to experience more years following a heart attack than women, regardless of age. A myocardial ischemia occurs when there is insufficient blood supply to the heart muscle. This indicates that the heart muscle isn't receiving enough blood to function properly. Plaque, a buildup of fat and cholesterol, is frequently the culprit when the coronary arteries aren't getting adequate blood flow. Myocardial

ischemia can be treated with medications and surgery. Exercise becomes challenging for people with myocardial ischemia, particularly in the winter.

Patients may have myocardial ischemia symptoms with decreasing activity as the situation worsens. Going up a flight of steps might become challenging over time. At some point, they might even experience symptoms while sleeping. Restoring blood flow and lowering the risk of a heart attack are the usual goals of treatment for ischemic heart disease. The cardiologists and heart surgeons at Advocate Health Care (AHC) provide the most up-to-date therapies for ischemic heart disease using a team-based, personalized approach. Preventing IHD involves addressing modifiable risk factors through public health initiatives and individual lifestyle changes. Primary prevention strategies include promoting a balanced diet, regular physical activity, smoking cessation, and effective management of hypertension, diabetes, and hyperlipidemia. Secondary prevention focuses on individuals with existing IHD or significant risk factors, emphasizing adherence to prescribed medications and regular follow-up with healthcare providers. Ischemic Heart Disease remains a significant global health challenge, requiring a multifaceted approach for effective management and prevention. Although technological and scientific developments in medicine have expanded the range of diagnostic and therapeutic options, lifestyle modifications and preventive measures remain important in the fight against this condition.

In order to enable people to make knowledgeable decisions regarding their cardiovascular health, awareness and education on IHD are essential. Prolonged endeavors in clinical practice, research, and public health are imperative to mitigate the impact of IHD and enhance the prognosis of individuals afflicted with this illness. Treatment for myocardial ischemia is to increase the blood supply to the heart muscle. Medication, bypass surgery, or an angioplasty to clear clogged arteries is possible forms of treatment.

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