

## Spontaneous coronary artery disease: A life threatening condition in young women - A data from a public sector Hospital of Pakistan



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### Abstract

Spontaneous coronary artery dissection is an important cause of ACS in young women, responsible for up to 25% of all ACS cases in women <50 years of age. The common predisposing factors for SCAD are postpartum, fibromuscular dysplasia, connective tissue disease and hormonal therapy in women who are thought to have more fragile coronaries usually. Spontaneous rupture is aggravated by various triggers increasing shear stress on coronary arteries leading to commonly ST-elevation MI in up to 50% of patients and with non-ST-elevation MI in the rest. Patients may present with early complication like life-threatening ventricular arrhythmias and sudden cardiac death.

PCI is the preferred revascularisation strategy and has reported success rate of <50% in developed countries CABG can be considered for left main stem dissections or when PCI has been unsuccessful or is not technically feasible. We are presenting the data of study conducted in Cardiology department of Dow University of Health and Sciences at Karachi Pakistan during the years 2013 to 2016 suggest that 22% young women had SCAD and 13 to 17 % had PCI failure and needed emergency CABG whereas only 6% cases underwent emergency CABG and every PCI center of cardiology set up doesn't have the surgical back up in Pakistan.

So the purpose of this presentation is to present data of the resource constrained cath labs with poor surgical back up in 24hrs and its impact on the mortality and morbidity of women patients.

### Biography

Khalid Soomro is the first female cardiologist in Pakistan, She has been involved in the field for 32 years. Since 1984, and have been on the faculty in the Cardiology Department at Dow University of Health Sciences, Karachi, serving as professor and chairperson. For 15 years, she was the top cardiologist at Dow, one of the oldest and premier medical institutions in Pakistan. And she is also a Consultant Cardiologist in North Bristol NHS Trust, Southmead Hospital at Bristol, UK.

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