



## Treatment Strategy for Myocardial Infarction

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### DESCRIPTION

Myocardial Infarction (MI), commonly known as a heart attack, occurs when blood flow to the coronary arteries of the heart is reduced or stopped, damaging the heart muscle. The most common symptoms are chest pain and discomfort that can spread to the shoulders, arms, back, neck, or chin. It often occurs in the centre or left side of the chest and lasts for more than a few minutes. Symptoms may feel like heartburn. Other symptoms include shortness of breath, nausea, fainting, cold sweats, and malaise. About 30% of people have atypical symptoms. Women do not have chest pain and instead tend to experience neck pain, arm pain, or tiredness. Approximately 5% of patients over the age of 75 had MI and had little or no history of symptoms. MI can cause heart failure, arrhythmias, cardiogenic shock, or cardiac arrest.

Most heart attacks are caused by coronary artery disease. Risk factors include high blood pressure, smoking, diabetes, lack of exercise, obesity, high blood cholesterol, poor diet, and excessive alcohol intake. Complete occlusion of the coronary arteries caused by the rupture of atherosclerotic plaques is usually the underlying mechanism of MI. Heart attacks are less likely to be caused by coronary spasms due to cocaine, severe emotional stress (commonly known as Takotsubo syndrome or broken heart syndrome), and extreme cold. Many tests, such as Electro Cardio Gram (ECG), blood tests, and coronary angiography, can help with diagnosis. EKG, a record of electrical activity in the heart, can confirm ST Elevation MI (STEMI) in the presence of ST elevation. Commonly used blood tests include troponin and, less commonly, creatine kinase MB.

Of course, our heart is really strong and very tolerant. But when there is a problem, it becomes the weakest part of your body. Therefore, we should be more vigilant about heart problems, be aware of the symptoms, understand the consequences of eliminating potentially harmful factors, and have immediate access to treatment options.

Of the many heart problems, one of the biggest heart problems

we need to know is myocardial infarction. An important trigger for heart problems can be the fat content of food. People who eat a lot of processed foods, fried foods, and meats and dairy products that contain unhealthy saturated and unsaturated fats are at increased risk of heart disease. Obesity can increase this risk. Replacing 2% of the calories burned from carbohydrates with Trans fats can double the risk of heart disease.

In addition, our blood also contains a fat called triglyceride. Triglycerides store extra energy from the food we eat. High levels of triglycerides in the blood can increase the risk of cardiovascular disease.

Also, if our blood contains high levels of Low-Density Lipoprotein (LDL), our risk may be even higher. This is because LDL cholesterol can attach to the arterial wall and form plaques, a hard substance that blocks blood flow in the arteries.

To reduce cholesterol and unhealthy fats in the body, it is usually necessary to eat a balanced diet low in processed foods and take medications called statins as needed.

Our doctor can recommend the best diet plan for us and decide if we need to take any medications. The heart is a major organ of the cardiovascular system and contains various types of blood vessels. Some of the most important blood vessels are arteries. They bring oxygen-rich blood to your body and all our organs.

When the coronary arteries are filled with cholesterol (atherosclerosis) and various other substances, the coronary arteries narrow, prevent overtime, stop blood flow, and cause a heart attack. This condition is known as Coronary Artery Disease (CAD) and is the cause of most heart attacks.

The obstruction can be global or partial. When the block is complete, ST-segment Elevation Myocardial Infarction (STEMI) occurs. If the block is partial, there is non-ST Elevation Myocardial Infarction (NSTEMI) and treatment is different. Another cause of a heart attack is a spasm of the coronary arteries. The use of illegal drugs such as cocaine and tobacco causes life-threatening convulsions.

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