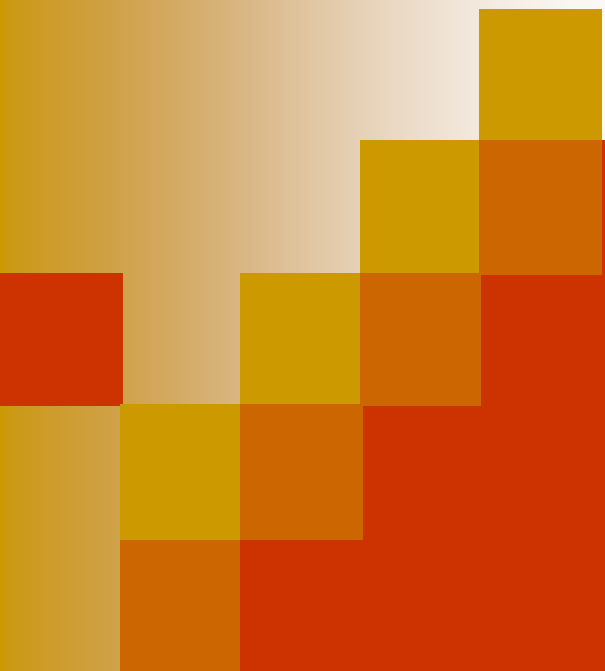


Lectures: course of Pathophysiology for General medicine 3rd Year of Medical faculty; Dentistry 3rd Year



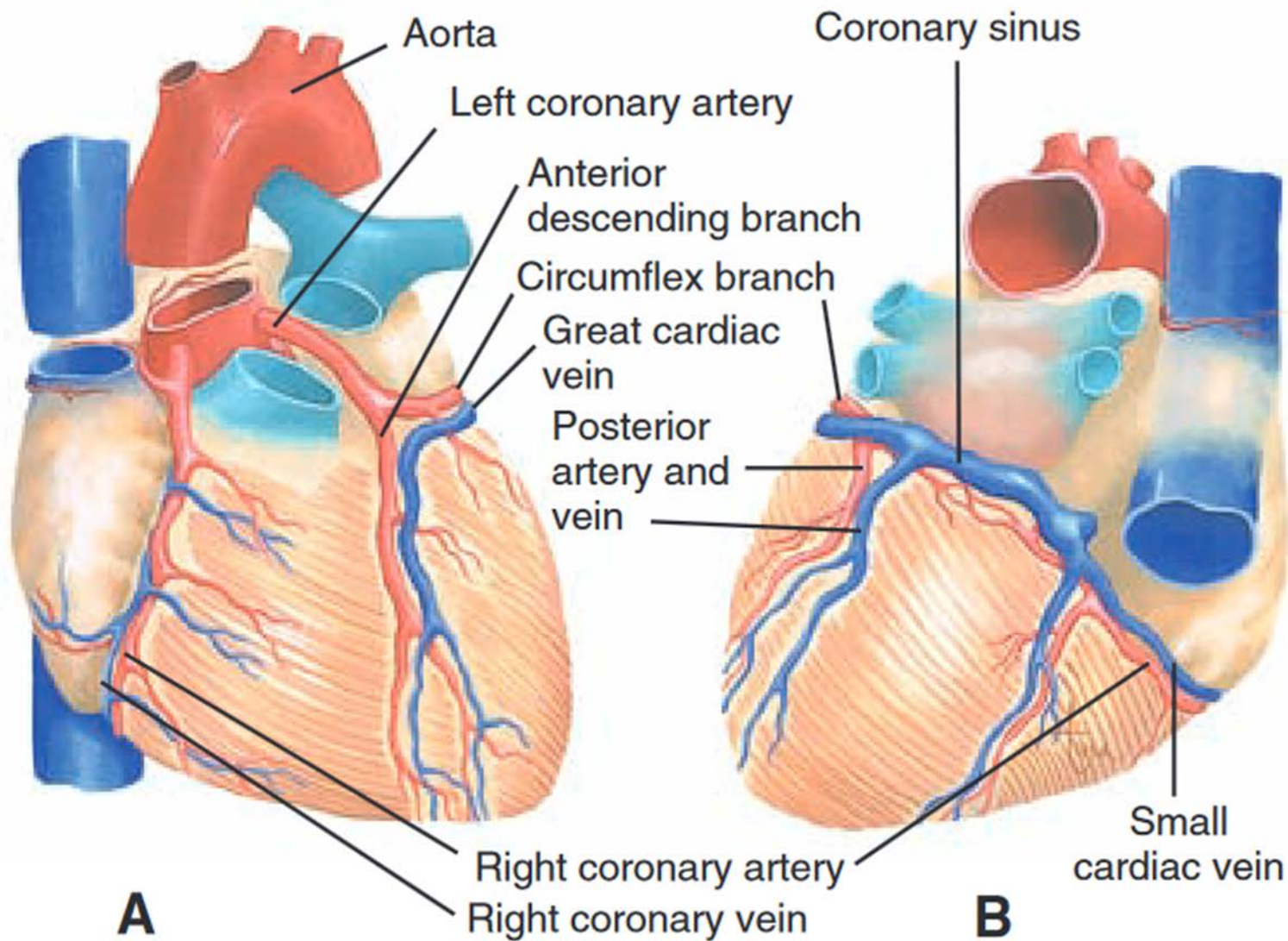
CARDIOVASCULAR PATHOPHYSIOLOGY 3

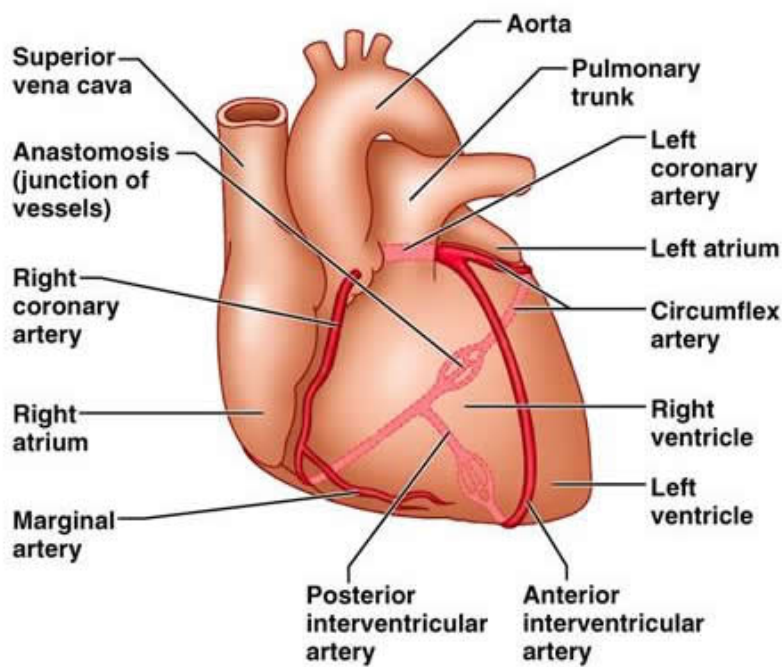
Ischemic heart disease

Roman Benacka, MD, PhD,
Department of Pathophysiology,
P.J. Šafárik University, Košice, SVK

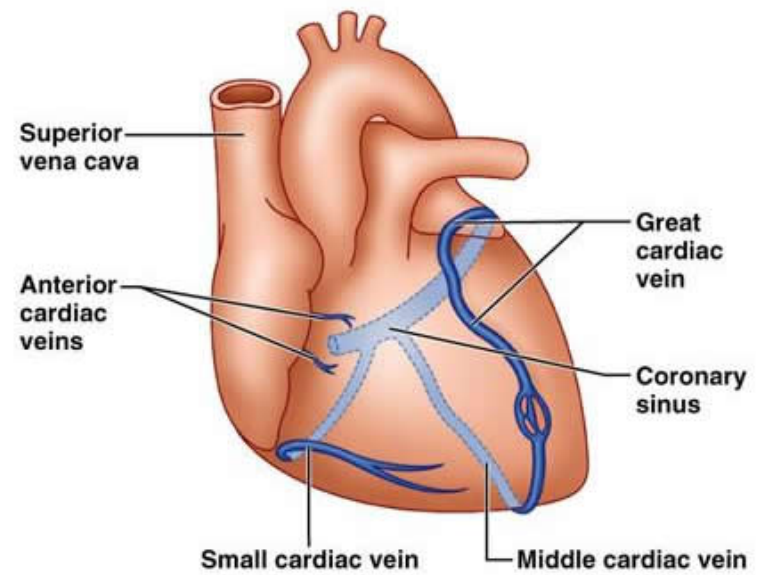
Illustrations herein were taken from printed or electronic media and serve merely for demonstrational and educational purposes.

Coronary Arterial Circulation

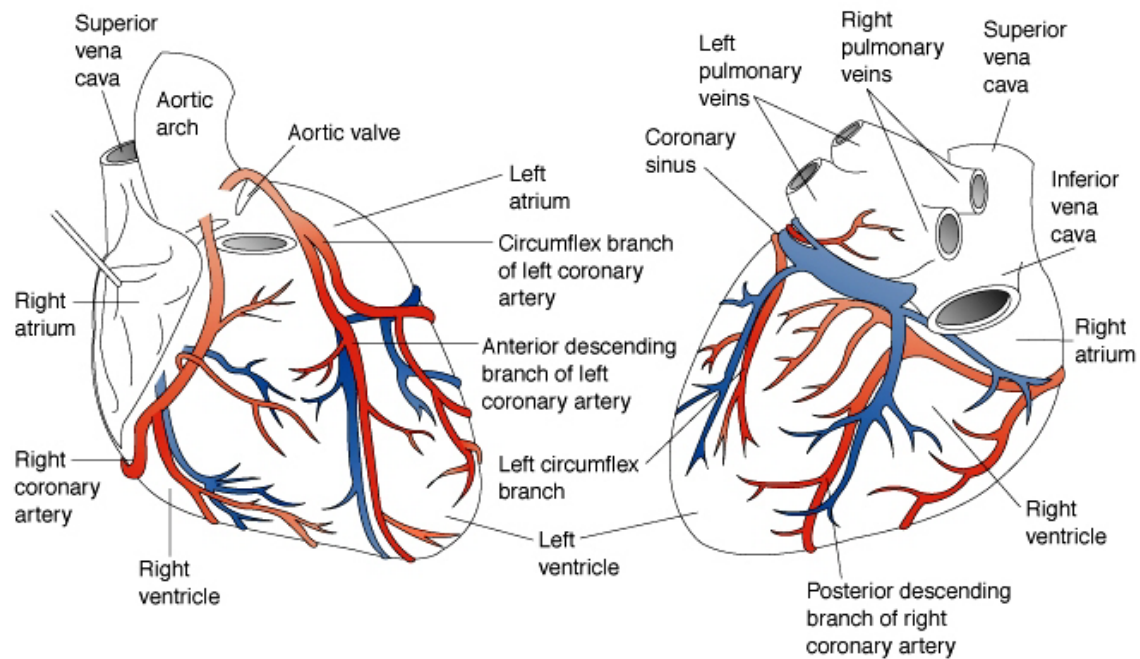




(a)



(b)



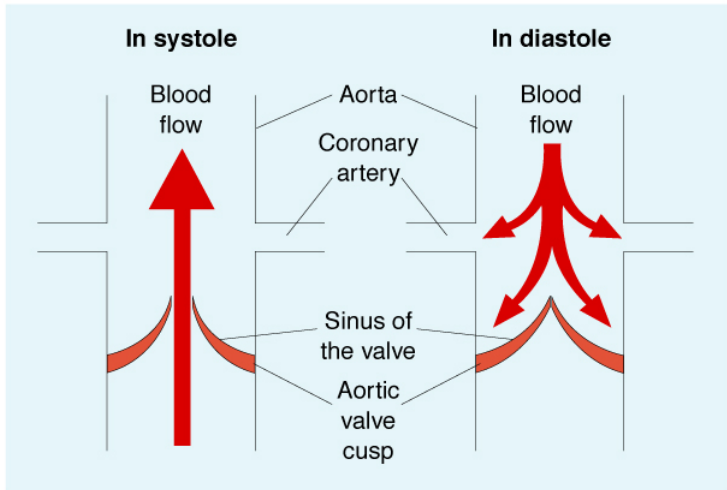
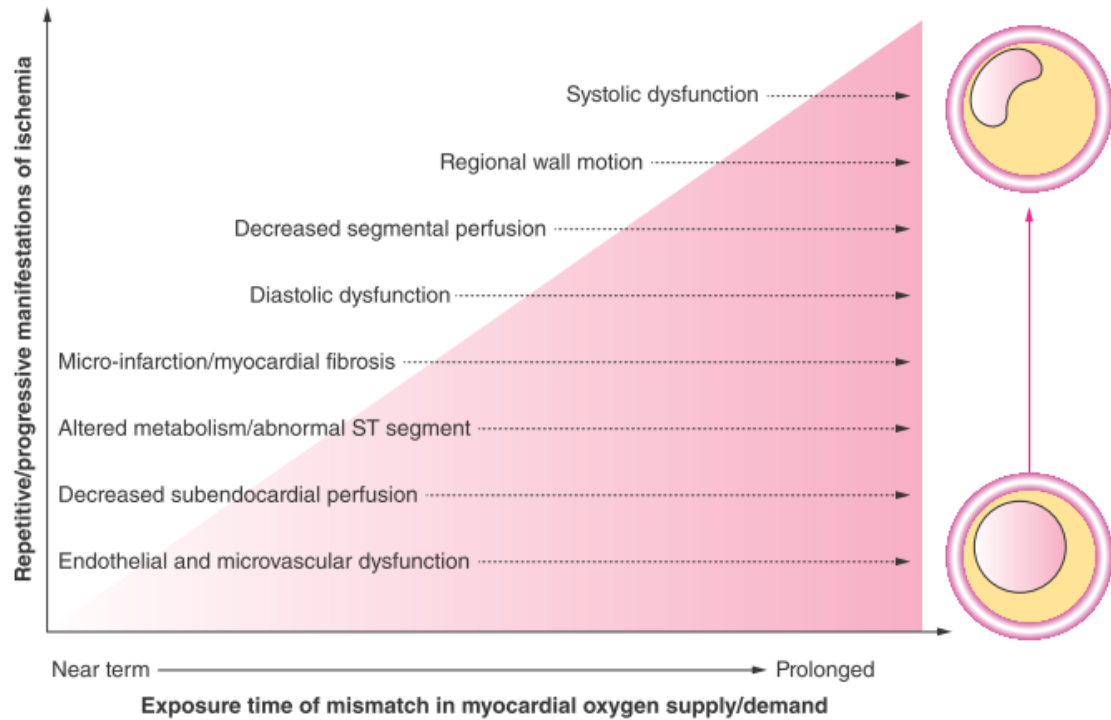
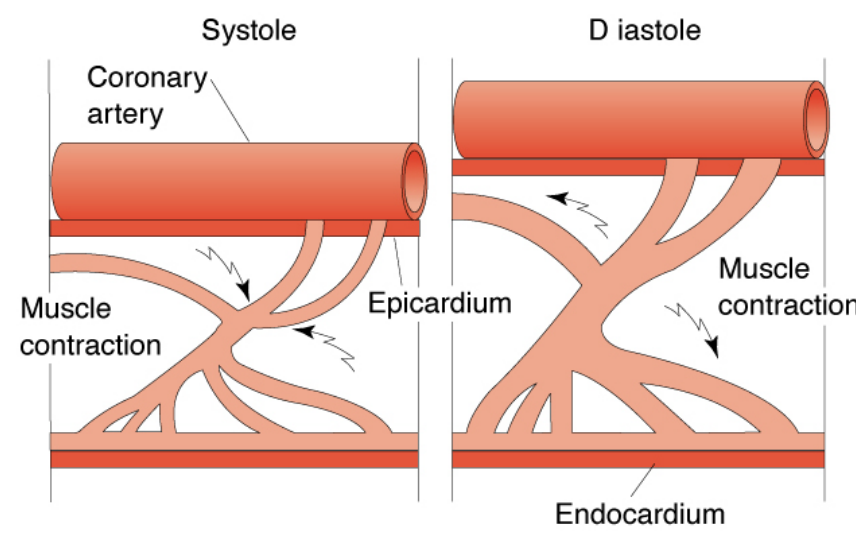
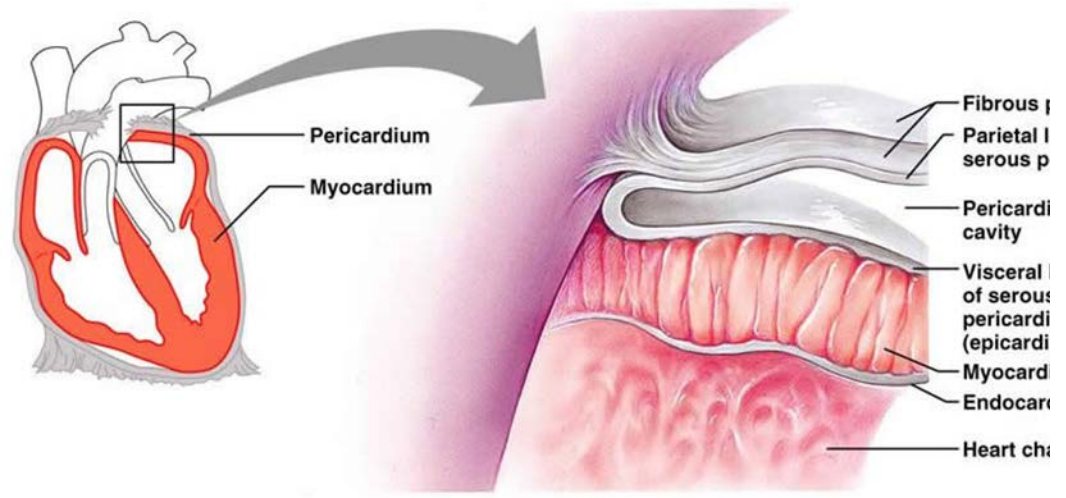
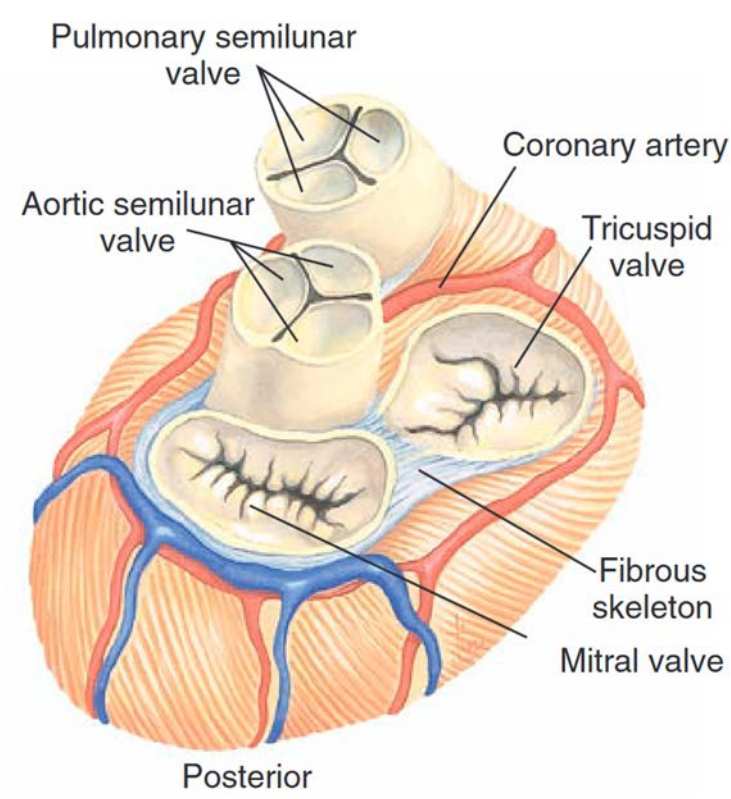
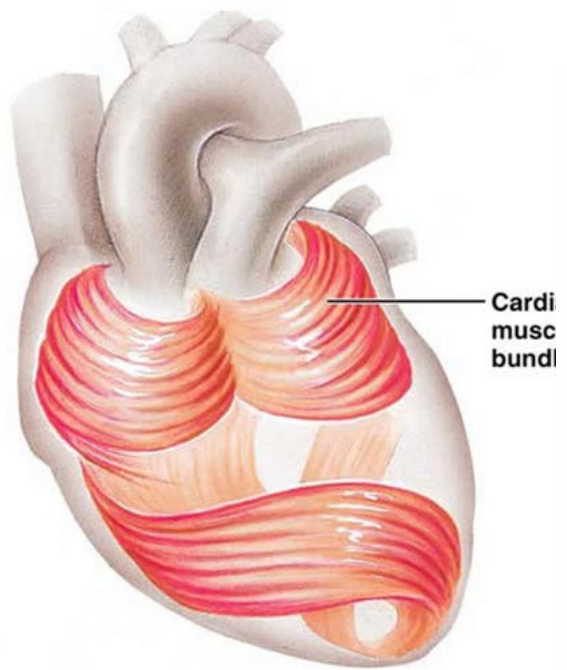
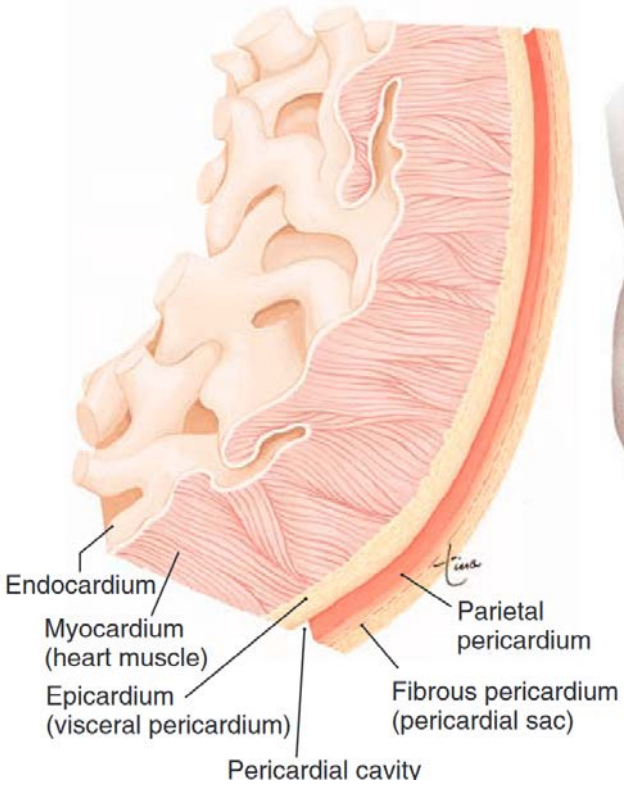


Figure 26-23 Location of the orifices for the coronary arteries in relation to the aortic valve and the direction of blood flow during systole and diastole.





Ischemic heart disease

Major Risk Factors for Heart Disease

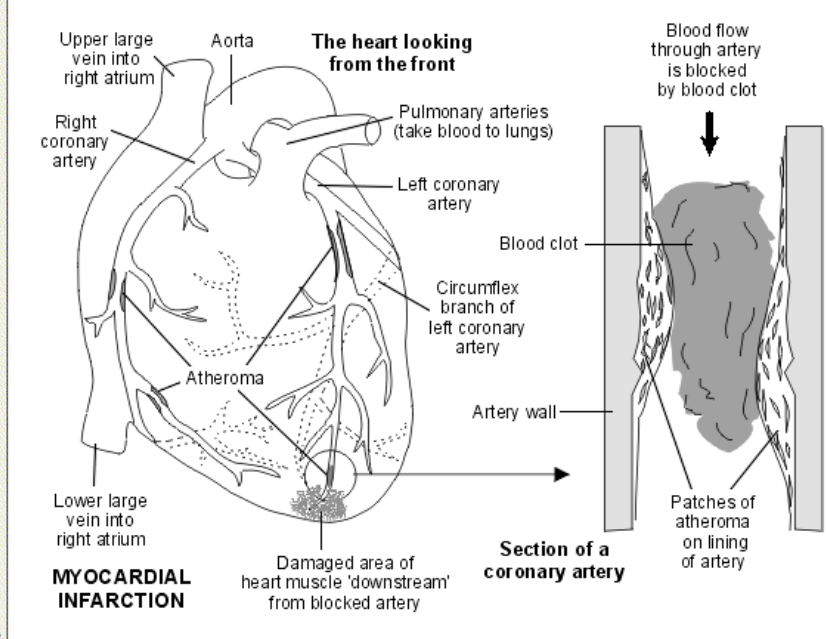
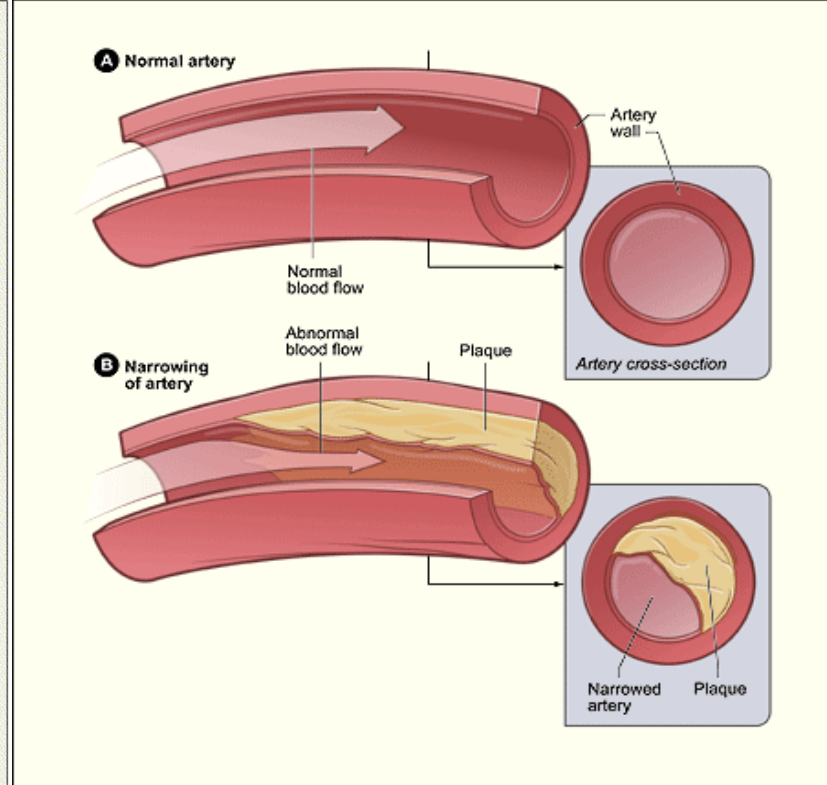
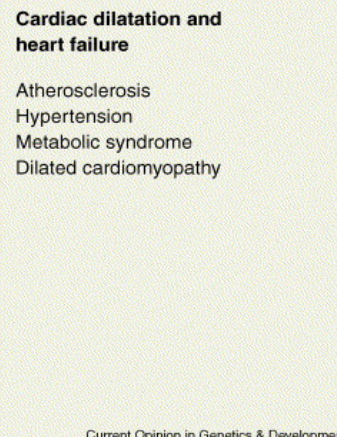
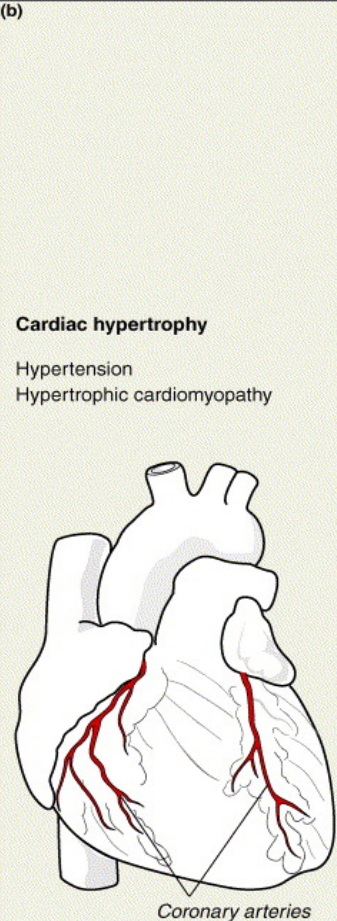
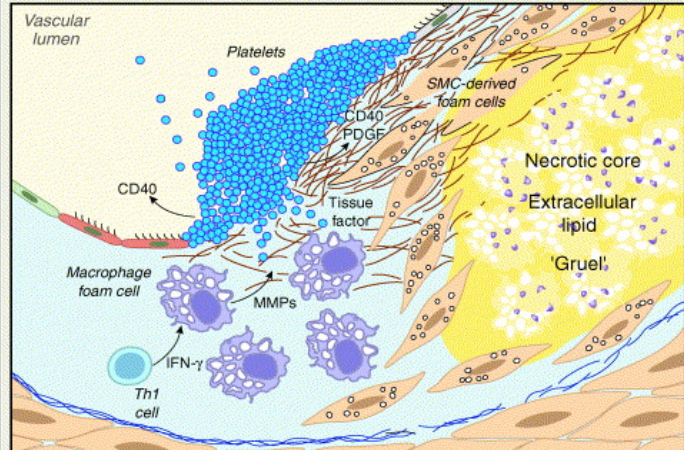
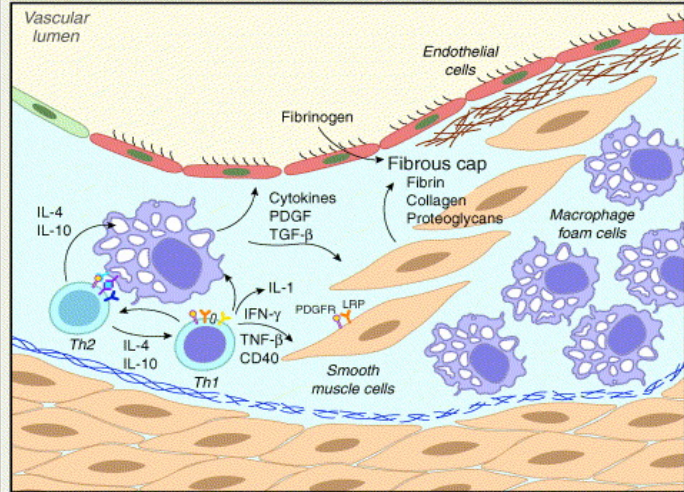
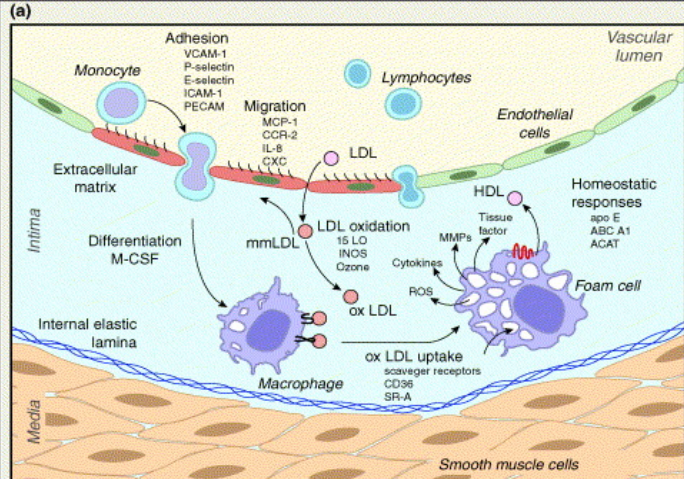
- **Nonmodifiable:** Age > 50 y, Sex male, Genetic , Race white,
- **Modifiable:** High blood pressure (ABP > 140/90 mm Hg), Cigarette smoking, High cholesterol, Obesity, inactivity Diabetes

Contributing Risk Factors

- Stress, unhealthy behaviors (rage, overwork)
- Alcohol with high BP, heart failure, and stroke
- Metabolic syndrome (3 or more factors): Glu higher, HDL low, TAG higher

Inflammatory Markers In Assessment of Risk for Heart Disease

- Highly sensitive C-reactive protein (hs-CRP):
- hs-CRP <1.0 mg/dl: low risk
- hs-CRP 1.0 to 3.0 mg/dL: moderate risk
- hs-CRP >3.0 mg/dL: high risk

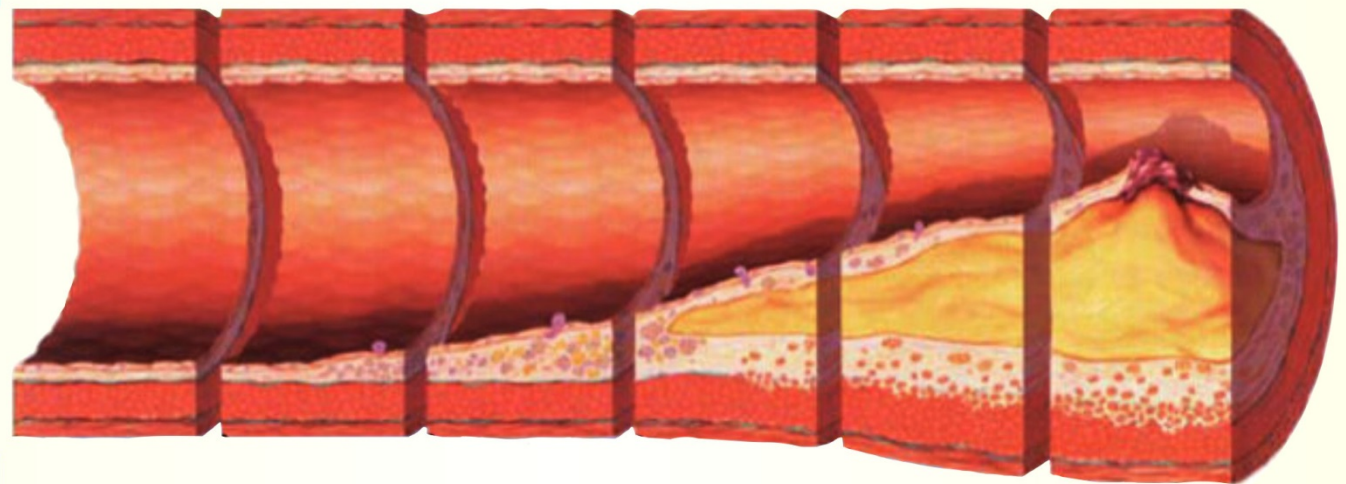


Atherosclerosis

CLINIC	← Silent →		← Manifestant →	
TIMING	Teenage - young adulthood	> 35 years	> 45 years	> 65 years
FH TIMING Aa AA	< Teenage	> 25 years	> 45 years	
	< Teenage	20 - 30 years		
COMPOSITION	extracell. oxidized cholesterol ester deposits;		Extracel. cholesterol deposits Lissomyocyte, Fibroblast burst	Thrombosis, calcification

ENDOTHELIAL DYSFUNCTION Inflamm. reaction to endogenous deposits (chronic type)

STAGES OF EVOLUTION



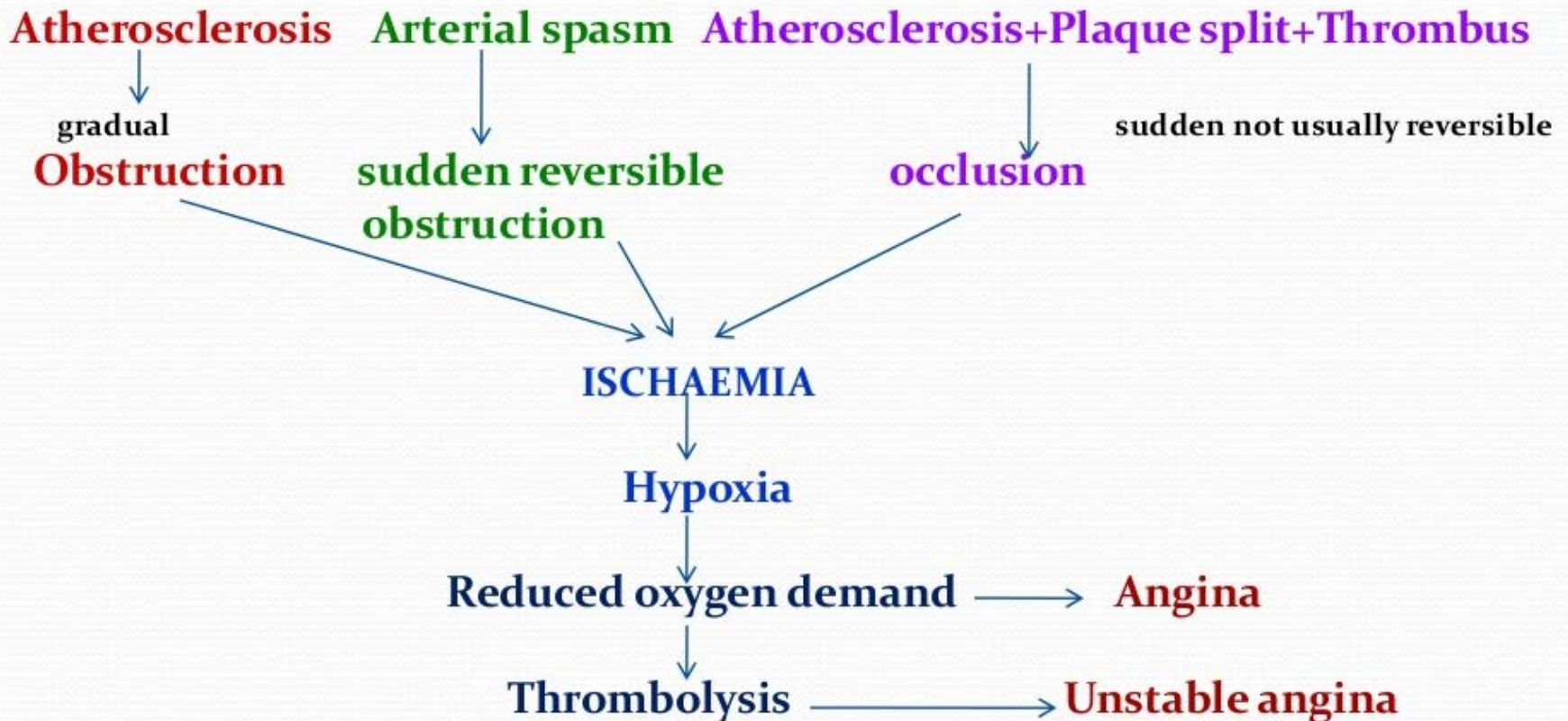
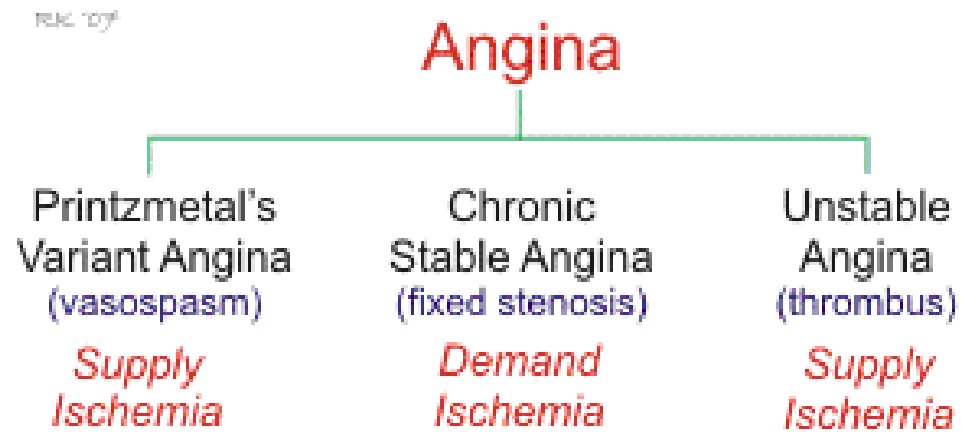
LESIONS

Initial lesion	Fatty streak	Intermediate fatty streak	Atheroma (soft) plaque	Fibroatheroma Sclerotizing (hard) plaque	Complicated lesion/rupture
Histology normal	Mo/Mf infiltration	Mo/Mf infiltration	Mo/Mf infiltration	Multiple lipid cores	Surface damage
Mo/Mf infiltration	Intracell. fat bodies	Intracell. fat dep.	Rich foam cells	Collagen fibromesh	Thrombosis
Normal cholest. vessel passage	Isolated foam cells	Heavy foam cells	Extracell. lipids	Calcium crystals	Erosion of plaque
					Atherothrombembolia

THERAPY	Life style modifications Low dose pharmacotherapy	Life style modifications High dose pharmacotherapy	Surgery, Pharmacotherapy Lifestyle modifications
----------------	--	---	---

Angina pectoris

- Stable Angina / Angina Pectoris.
- Unstable Angina.
- Variant (Prinzmetal) Angina
- Microvascular Angina



(1) Stable angina

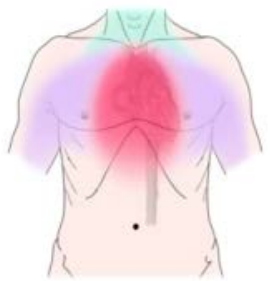
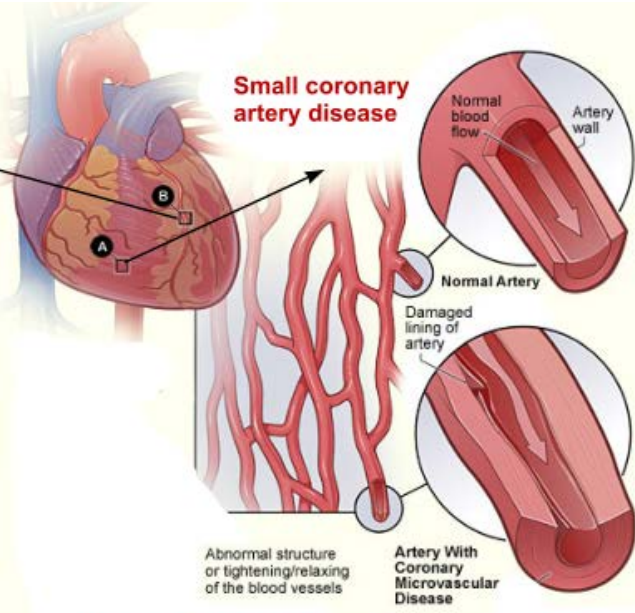
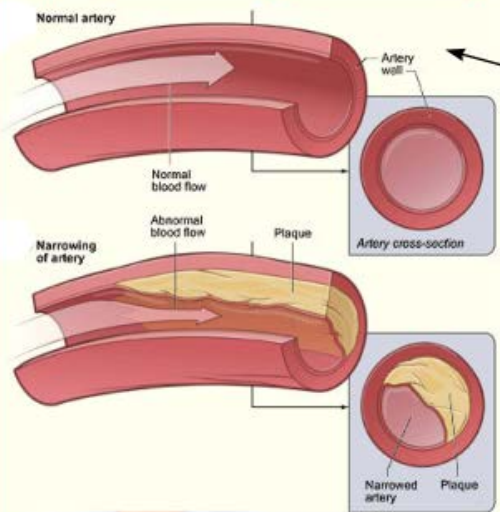
- **Def:** **Stable angina** (effort angina, classic angina, myocardial ischemia) is chest discomfort, pain and associated symptoms (angina) precipitated by **some activity** (running, walking, sport, etc.) with minimal or no symptoms at rest or after administration of sublingual **nitroglycerin**.
- **Etio:** narrowing of the coronary arteries by atherosclerosis (buildup of fatty plaque + hardening of the arteries). Precipitated by cold weather, heavy meals, and emotional distress.
- **Risk factors:** Age (≥ 45 years for men, ≥ 55 for women), smoking, diabetes, dyslipidemia, high cholesterol, high blood pressure, family history of premature cardiovascular disease (men <55 years, female <65 years old), kidney disease (microalbuminuria or $GFR < 60$ mL/min), obesity (BMI ≥ 30 kg/m²), physical inactivity, prolonged psychosocial stress
- **Clin:** Symptoms typically ***abate several minutes after activity*** and recur when activity resumes.
 - **chest discomfort** rather than actual pain: **pressure, heaviness, tightness, squeezing, burning, or choking sensation.**
 - **Radiating referred pain:** epigastrium, back, neck area, jaw, or shoulders, arms (inner left arm),
 - Pain is **precipitated** by exertion or emotional stress, full stomach, cold temperatures.
 - Accompanied by **breathlessness, sweating, and nausea** in some cases. In this case, the pulse rate and the blood pressure increases.
 - Chest pain lasting only a few seconds is normally not angina (such as precordial catch syndrome).

Stable angina

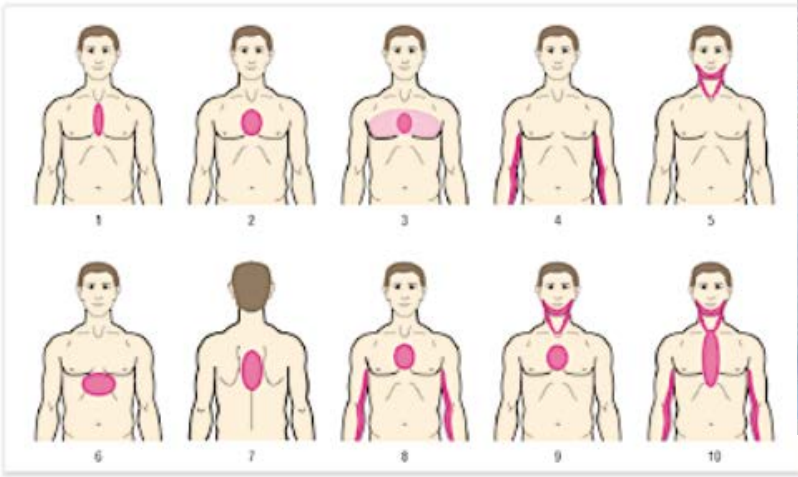
- **Provoke angina:** Medications (Vasodilators Excessive thyroid hormone , Vasoconstrictors
 - Polycythemia, which thickens the blood, slowing its flow through the heart muscle
 - Hypothermia, Hypervolemia , Hypovolemia
- **Other medical problems:** Esophageal disorders Gastroesophageal reflux disease (GERD),
 - Hyperthyroidism, Hypoxemia hypertension
 - Profound anemia, Bradycardia, Hypertrophic cardiomyopathy
 - Tachycardia Valvular heart disease
- **Ptg: Myocardial ischemia** ← **insufficient blood and oxygen** either because of
 - **increased oxygen demand** by the myocardium (work)
 - **decreased supply to the myocardium.** narrowed blood vessels or insufficient return
- Some experience "autonomic symptoms" nausea, vomiting, and pallor.
- **Coital angina** (angina d'amour) angina subsequent to sexual intercourse. It is generally rare, in patients with severe coronary artery disease

Anginus pain

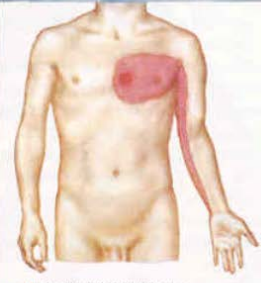
Large epicardial artery (atherosclerosis)



Variants of localisation of anginous pain



Häufige auslösende Ursachen der Angina pectoris: schweres Essen, Erschöpfung, Kälte, Rauchen



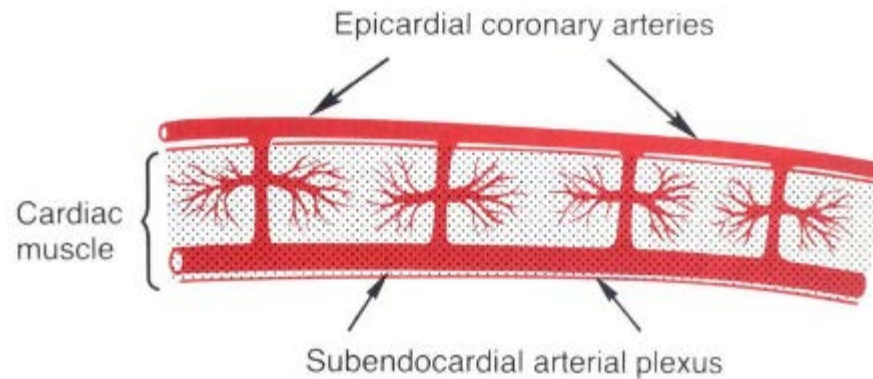
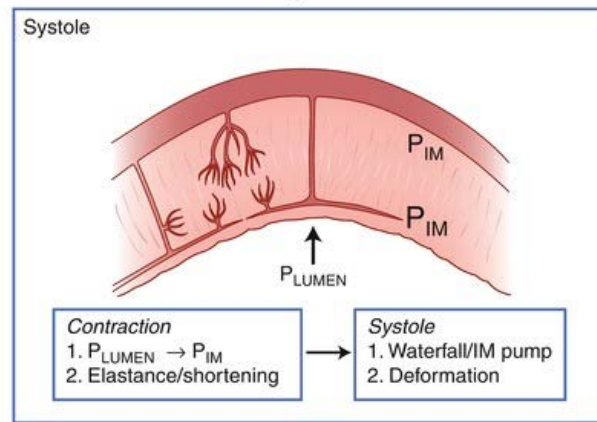
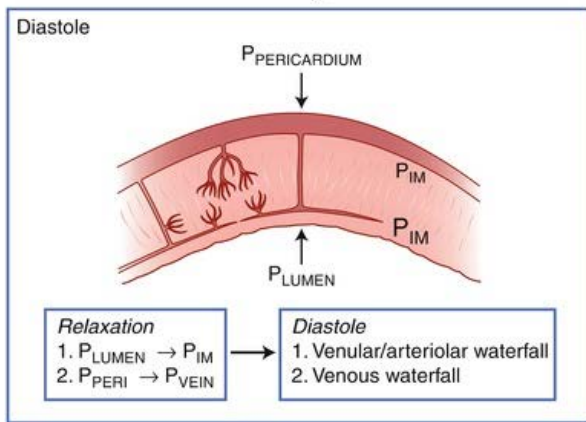
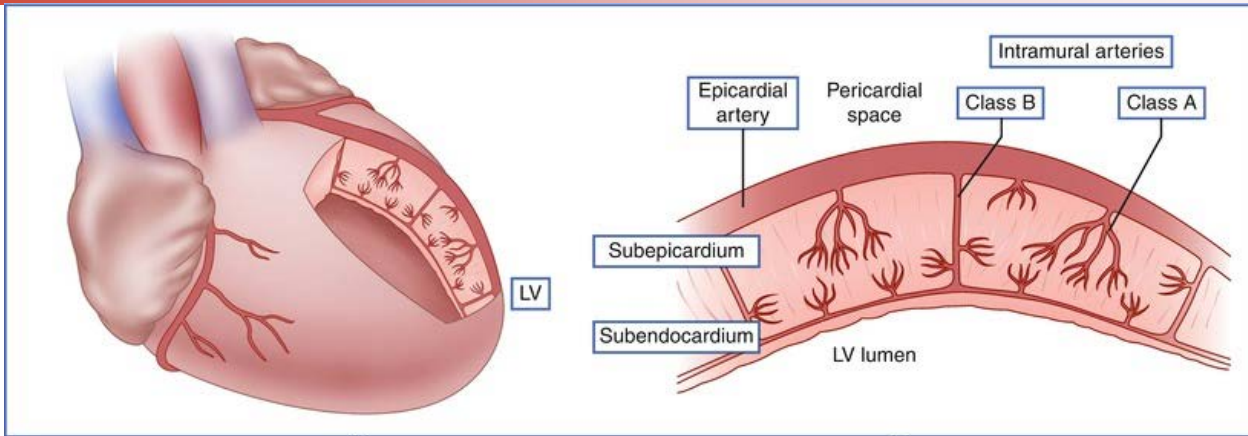
▲ Charakteristische Schmerzausstrahlung bei Angina pectoris

(2) Unstable angina

- **Def.:** **Unstable angina (UA)** (**crescendo angina**) emergency form included of ACS (acute coronary syndrome) as unpredictable by occurrence and different by manifestations as classic angina; has at least one of these three features:
 - it occurs unpredictably **at rest** (or with minimal exertion), usually **lasting > 10 minutes**
 - it is **severe** and of new onset (within the prior 4–6 weeks) **resembles infarction**
 - it occurs with a **crescendo pattern** (more severe and frequent as attack is prolonged).
- **Occ:** 64% of UA occur between 22:00 and 08:00 at rest, during sleep
- **Etio:** reduction of coronary flow due to ***transient platelet aggregation*** on apparently ***normal endothelium***, coronary artery ***spasms***, or coronary ***thrombosis***
- **Ptg:** Atherosclerosis (stable angina protected with a fibrous cap) → progresses by inflammation → **unstable plaque** (cap may rupture) → thrombosis → acute myocardial ischemia; blood clots moves down the coronary vessel's lumen. (UA) develops independently of activity

(3) Cardiac syndrome X

- Def.: **Cardiac syndrome X (microvascular angina)** = angina-like chest pain (ischemic like) upon exercise (cardiac stress tests) in case of normal epicardial coronary arteries (by angiography).
- Occ: Women are more prone ; may explain the higher rates of angina in women
- Etio: The primary cause is **unknown**, but factors apparently involved are **endothelial dysfunction** and **reduced flow** (? due to spasm) in the **small resistance penetrating microvasculature** in the heart is dysfunctioned + enhanced pain perception
- Risk factors: abdominal obesity, atherogenic dyslipidemia, elevated blood pressure, insulin resistance or intolerance to glucose, prothrombotic state or proinflammatory state. Older people are more at risk, genetic mutations that predispose to the syndrome, history of heart disease in the family
- Clin:Angina: can last longer more intense chest pain than individuals of pther angina
- Abnormal cardiac stress test: ST changes are typically similar to those of coronary artery disease, and the opposite of those of Prinzmetal's angina.
- Myocard perfusion imaging abnormal in 30% of patients. Coronary angiogram: Normal
- Other causes of chest pain must be ruled out, Prinzmetal's angina Esophageal spasm



(4) Variant angina

- **Def.:** Variant angina (alt. vasospastic angina, Prinzmetal angina, angina inversa) also called **coronary vasospasm**, is an atypical angina syndrome (chest pain) which (angina incersa = opposite) i) ***occurs in at rest or even asleep*** and ii) is caused by sudden constriction of *coronary arteries* due to **vasospasm** (smooth muscle contraction)
- **Occ:** people are generally younger; have fewer risk factors for coronary artery disease; more often in women, high incidence in Japanese males as well as females
- **Forms:** typical, atypical (vasospastic angina), in portion of patients VA may be a manifestation of a more generalized episodic smooth muscle-contractile disorder such as migraine, Raynaud's phenomenon, or aspirin-induced asthma
- **Clin:** significant percentage of patients **are asymptomatic**
 - repeated **episodes of chest pain in rest** (late evening night, sleep, early in morning) occur in clusters, does not develop during treadmill stress testing (exercise tolerant) , no evidence of other forms of cardiac disease + elevations in the ST segment
 - many have **serious arrhythmias**, individuals who smoke tobacco
- **headache, excessive sweating, tiredness;** more serious s:fainting, shock
- typically does not progress to myocardial infarction .

Variant Angina

- **Risk factors** (triggers of an attack):
 - tobacco nicotine alcoholic beverages, marijuana, cocaine); Energy drinks
 - catecholamine-like stimulants (e.g. epinephrine, dopamine, amphetamines);
 - parasympathomimetic drugs (e.g. acetylcholine, methacholine);
 - anti-migraine drugs (e.g. various triptans), and;
 - the uterus-contracting drug, ergonovine; chemotherapeutic drugs (e.g. 5-fluorouracil, capecitabine).
 - Hyperventilation + virtually any stressful emotional or physical (e.g. cold exposure) causing significant rises of catecholamines
- **Lab.:** a) **ECG:** ST segment elevations > or depressions during angina attacks + widening of the R (broad QRS complex "monophasic curve").
b) **Enzymes:** esmall elevations in cardiac marker enzymes, during long attack ther in the

Variant angina – Mechanisms

- **Ptg:** A) **Mild coronary atherosclerosis** in 2/3 VA(70% in a single coronary artery) spasms also occur in ST depression angina triggered by exertion, and/or who have atherosclerotic coronary artery disease
- **B) Vasospasm:**
 - 1) **reduced nitric oxide** which dilates smooth muscle cells (?? defect in the endothelial nitric oxide synthetase ?)
 - 2) **Acetylcholine defect in dysfunctional epithelium** Ach from nn.vagi predominantly induce dilation of the coronary arteries (stimulates endothel to produce NO). (Without NO in dysfunctional endothel Ach induces vasoconstriction.
 - 3) **Abnormal platelet activation and excess effect of vasoconstrictors:** *Thromboxane A2, serotonin, histamine, endothelin (abnormally activated platelets by lipoprotein(a) competing with plasminogen*
 - 4) **Increased alpha-adrenergic effect** receptor activity in epicardial coronary arteries or the **excessive release of catecholamines** (norepinephrine)
 - 5) **intrinsic hypercontractility of coronary smooth muscles;** existence of significant atherosclerotic coronary artery disease;
 - 6) **reduced vagal activity**



Acute coronary syndrome

ACUTE CORONARY SYNDROME (ACS)

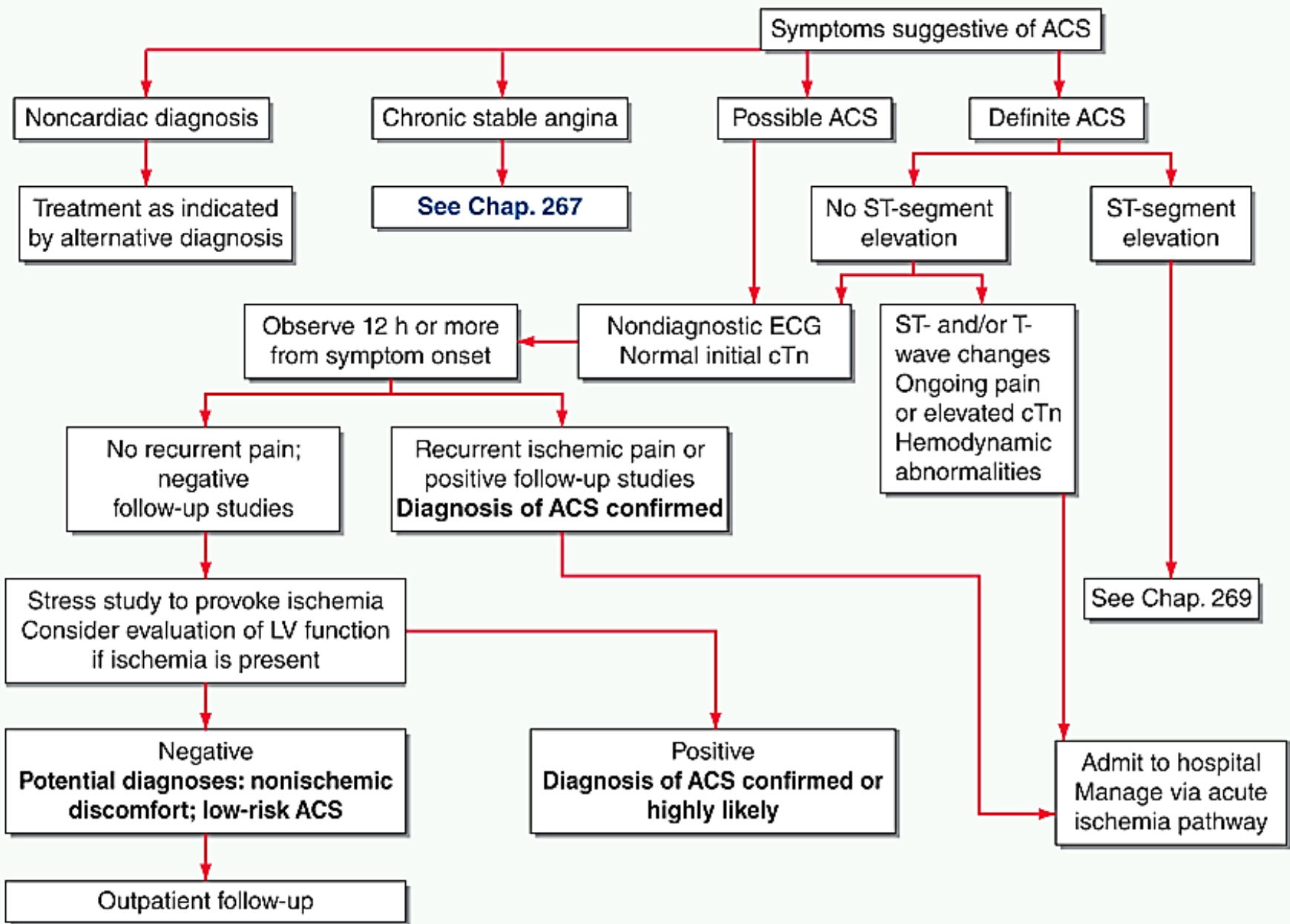
- **Def:** group of acute symptoms commonly known to occur due to sudden ischemia of the heart due to obstruction of the coronary arteries
- **Class:** according to ECG/EKG and cardiac markers
 - Unstable angina pectoris (38%)
 - Myocardial infarction - ST segment elevation myocardial infarction (STEMI) (30%)
non-ST segment elevation myocardial infarction (NSTEMI) (25%)
 - Sudden cardiac death
- **Etio:** ischemia, thromboembolism, atherothromboembolism in coronary vessel, cocaine
- **Clin:** chest (mostly precordial) pain, often radiating to the left arm or angle of the jaw, *squeezing, pressure-like* in character, "atypical," - pain experienced in different ways or even absent (more likely in females, diabetes).
 - nausea, vomiting, diaphoresis (sweating), dyspnoea (shortness of breath, palpitations),
 - anxiety or a sense of impending doom (angor animi)
- **Dif. dg:** Unstable angina - occurs suddenly, often at rest or with minimal exertion; "crescendo angina"). lesser degrees of exertion than the individual's previous angina; new onset angina is also considered unstable angina, since it suggests a new problem in a coronary artery.
 - Stable angina - exertion and resolves at rest.
 - Cardiac chest pain : anemia, bradycardias, tachycardias

MYOCARDIAL INFARCTION

- **Type 1 MI (68%) (atherotromboembolic)** atherosclerotic plaque disruption with plaque erosion or plaque rupture with thrombus formation (postmortem demonstration of acute atherothrombosis)
- **Type 2 MI (28%) (exertional)** coronary ischemia from oxygen supply-demand mismatch without acute plaque change (erosion or rupture; eg, sudden anemia, prolonged tachyarrhythmia, coronary artery spasm or dissection); coronary atherosclerosis is present.

Most types 1 and 2 occur spontaneously and present as NSTEMI, but some manifest as STEMI

- **Type 3 MI (~ 3,5 %) (sudden cardiac death)** postmortem atherothrombosis; new ischemic ECG or ventr. fibrillation; sy. suggestive of myocardial ischemia; death occurs before blood biomarkers can be obtained or before increases in biomarkers are identified
- **Type 4 MI (0,2%)** - procedure-related T1MI occurring within 48 h after: **T4aMI** percutaneous coronary intervention (PCI) ; **T4bMI** thrombosis after stenting or **T4cMI** after balloon angioplasty documented angiographically; the same criteria as type 1 MI; elevation in high-sensitivity cardiac troponin (hs-cTn)
- **Type 5 MI (0.0004%)** - T1MI occurring 48 h after coronary artery bypass graft (CABG)
- ~ 5.8 million new cases of IHD in %* countries of European Society of Cardiology (ESC) in 2019. The median age-standardized incidence rate was 293.3 (195.8 - 529.5) /100,000 people. ~ 38% of deaths in women and 44% in men
- The estimated annual incidence of MI in US ~550,000 new cases + 200,000 recurrent cases.,. The average age of incidence of a first myocardial infarction is 65.1 for men and 72 for women.



ACUTE CORONARY SYNDROME (ACS)



(1) Acute precordial pain

ACUTE CARDIAC DEATH
(fatal arrhythmia)

45 - 60 min

(2) ECG

sec/min



(3) Cardiac Markers

positive

Myocardial infarction (MI)

positive

negative

Unstable angina pectoris

STEMI

NSTEMI

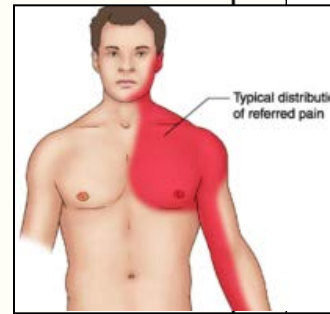
Hours

Q-wave MI (QMI)

non-Q-wave MI (NQMI)

Days

Months

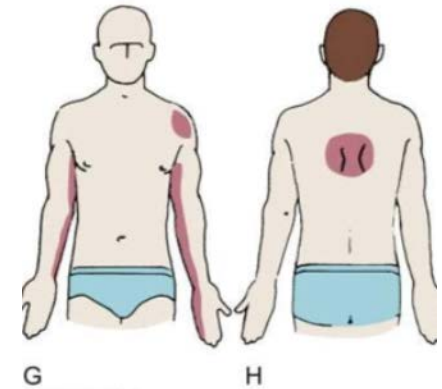
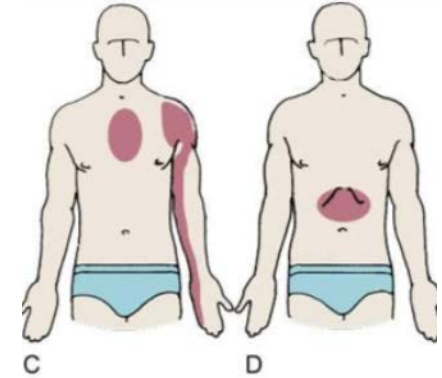
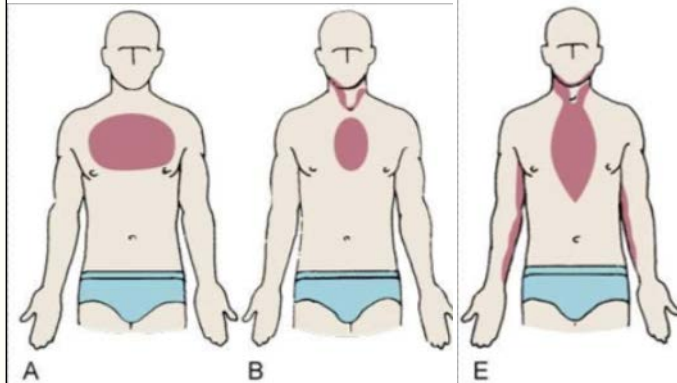


CRP

cTroponin T or I

CK-MB

©2005

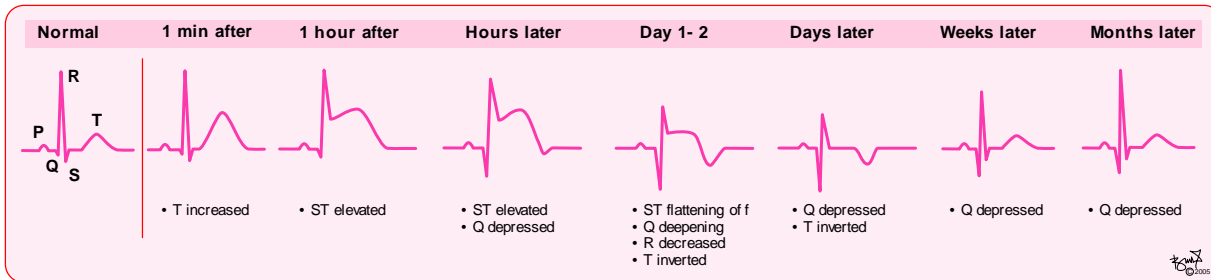


Pain projection in ACS

ST-Segment Elevation Myocardial Infarction (STEMI)

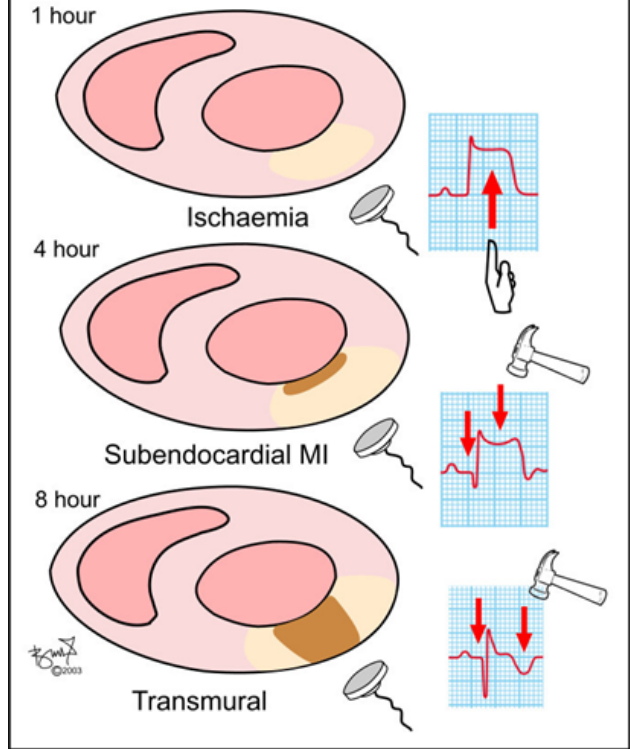
- Def.: Mostly transmural myocardial infarction (MI)
- Occ. App. ~38% of patients who present with ACS have STEMI
- Pa : Diminished cellular glycogen, relaxed myofibrils, sarcolemmal disruption, are the first ultrastructural changes and are seen ~10–15 min after the onset of ischemia. Mitochondrial abnormalities ~10 minutes after occlusion; myocyte necrosis progresses from the subendocardium to the subepicardium in man over several hours postmortem.
- Etio: occlusion of 1 or more coronary arteries; plaque rupture, erosion, fissuring, or dissection of coronary arteries with obstructive thrombus. **Risk factors** dyslipidemia, diabetes, hypertension, smoking, family history of coronary artery disease.
- Ptg: complete and persistent blood flow occlusion
 - .high-risk thin-cap fibroatheroma → sudden-onset plaque rupture cascade of platelet adhesion, activation, and aggregation, ultimately leading to thrombosis
 - "wave-front" of myocardial injury that spreads from the subendocardial myocardium to the subepicardial myocardium, resulting in a transmural infarction that produces ST-segment elevation on surface ECG.
- Lab: a transmural infarction that produces ST-segment elevation on surface ECG

Typical temporal evolution of STEMI

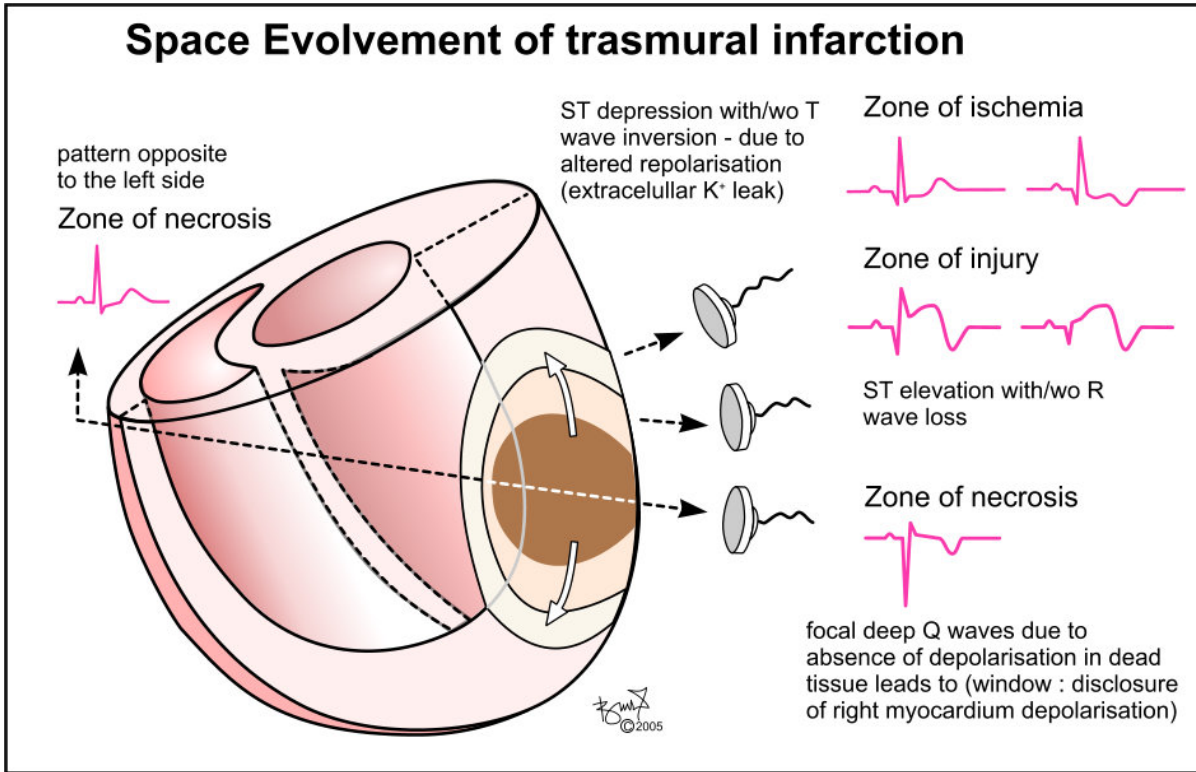


Evolution of ECG changes in tras mural MI in the lead over the necrosis. The earliest change emerge in minus as rise of T wave followed 30-60 min after by elevating whole ST segment ("the current of injury"). Progressive loss of R wave and deepening of Q wave signal tras mural necrotic window .

Time evolution of transmural infarction



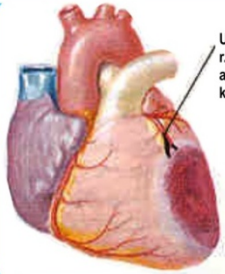
Space Evolutionment of tras mural infarction



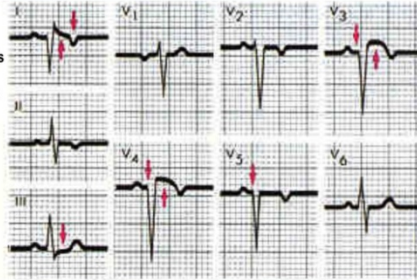
Myocardial infarction

Lokalizácia infarktu prednej steny

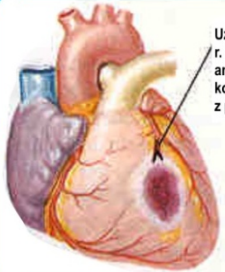
A.
Antero-laterálny infarkt



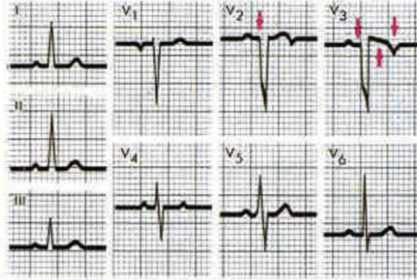
Uzáver
r. interventricularis
anterior ľavej
koronárnej artérie



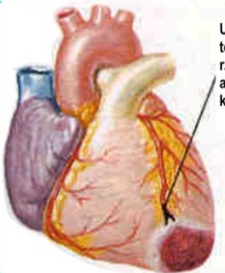
B.
Menší antero-septálny infarkt



Uzáver
r. interventricularis
anterior ľavej
koronárnej artérie
z pravej strany



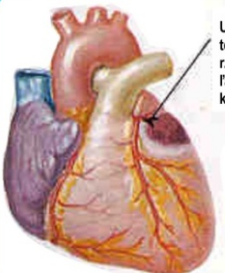
C.
Menší apikálny infarkt



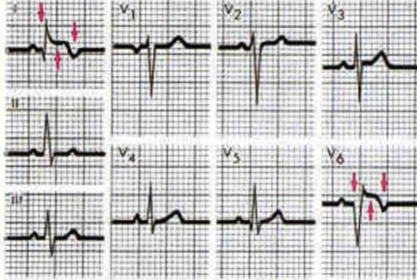
Uzáver
terminálnej vetvy
r. interventricularis
anterior ľavej
koronárnej artérie



D.
Antero-bazálny infarkt

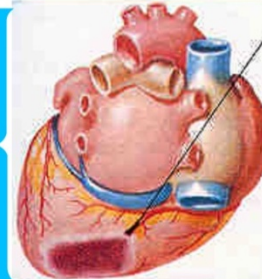


Uzáver
terminálnej vetvy
r. circumflexus
ľavej
koronárnej artérie



Lokalizácia infarktu zadnej steny

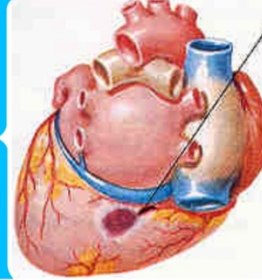
A.
Postero-inferiorný
(diafragmálny)
infarkt



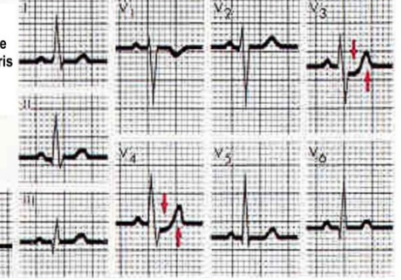
Uzáver
r. interventricularis
posterior pravej
koronárnej artérie



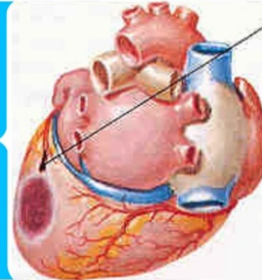
B.
Postero-septálny
infarkt



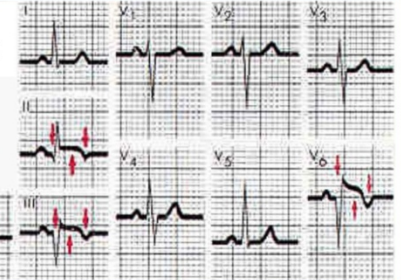
Uzáver pravej
koronárnej artérie
r. interventricularis
posterior



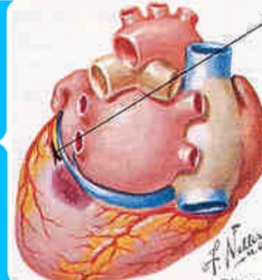
C.
Postero-laterálny
infarkt



Uzáver
r. circumflexus
ľavej koronárnej
artérie



D.
Postero-bazálny
infarkt



Uzáver
r. circumflexus
ľavej koronárnej
artérie (existuje
rôzny priebeh)

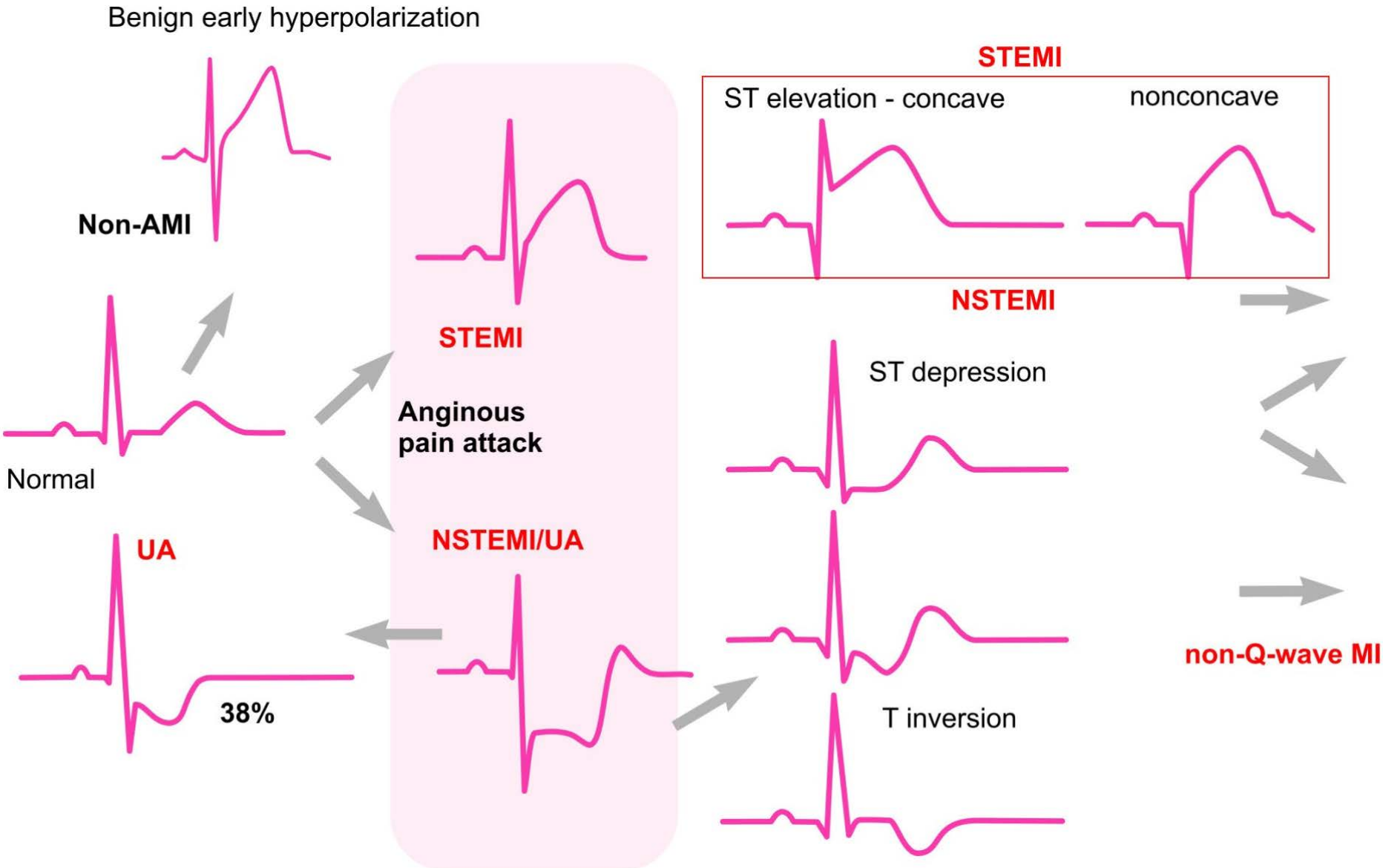
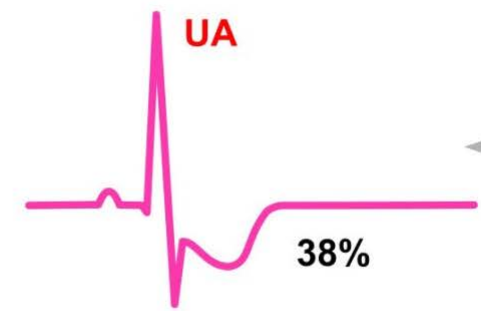
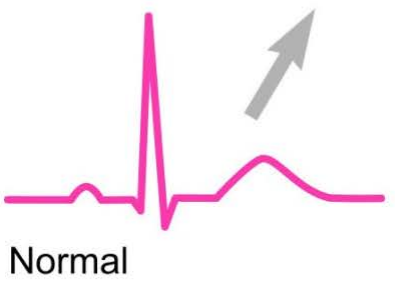
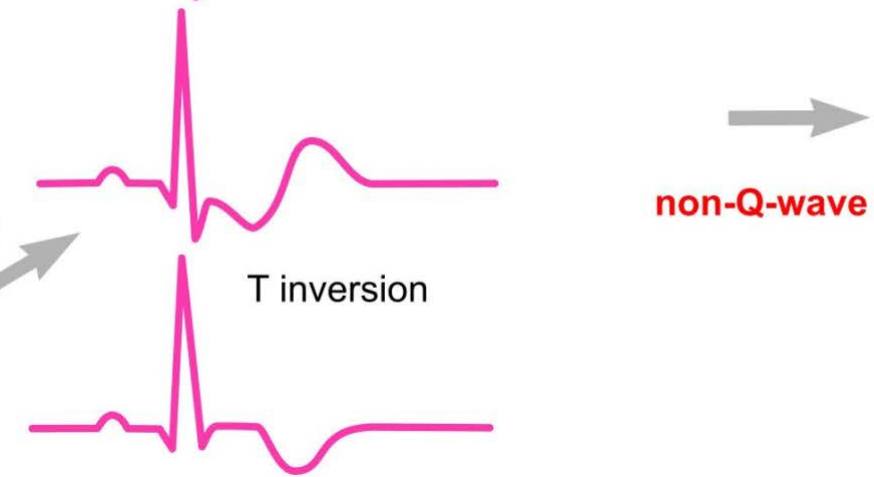
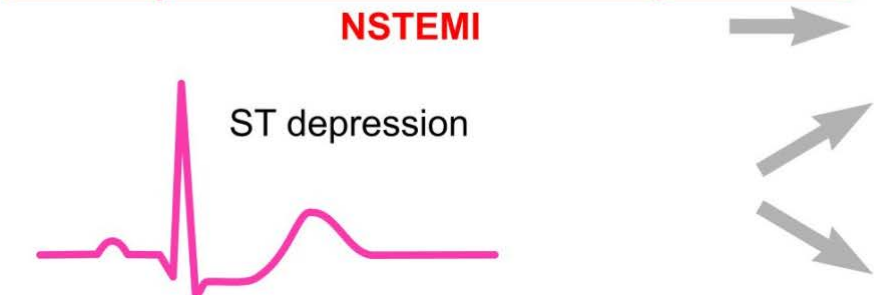
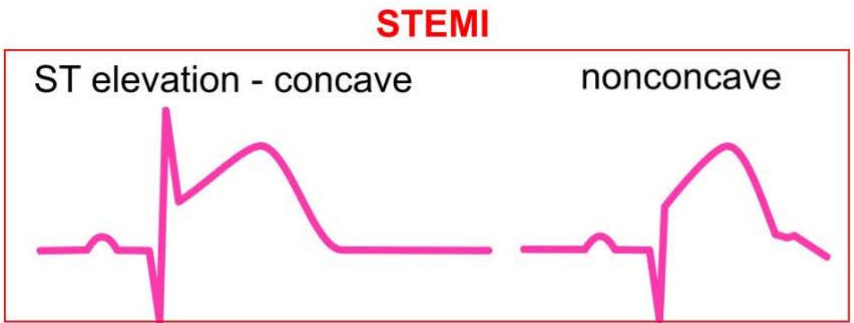
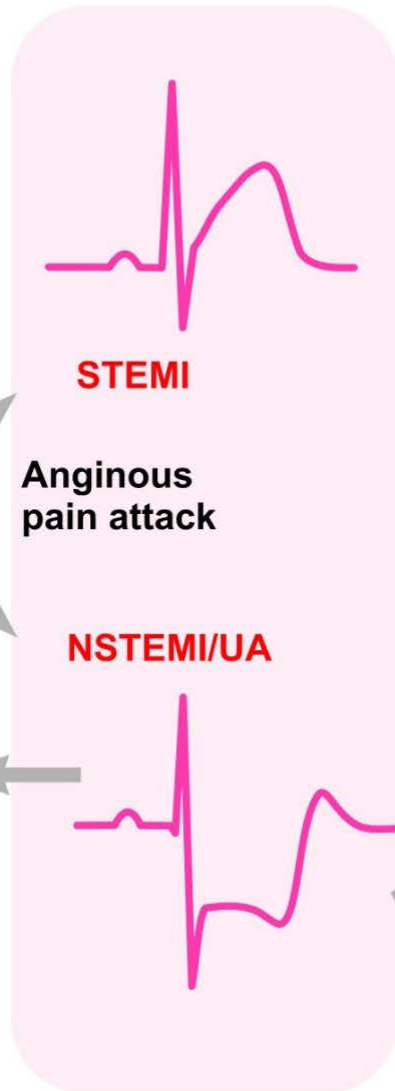


Non-ST-Segment Elevation Myocardial Infarction (NSTEMI-ACS)

- **Occ.** The relative incidence of NSTEMI is rising due to the increasing burden of *diabetes and chronic kidney disease in an aging population*; 65%–90% are type 1 MI; 10- 35% type 2 MI.
- **Pa :** ~10% stenosis of the left main coronary artery, **35% have three-vessel CAD, 20% have two-vessel disease**, 20% have single-vessel disease, and 15% have no apparent epicardial coronary artery stenosis; (studied at angiography),
- **Etio: Vulnerable plaques** at risk of disruption.= eccentric stenosis with overhanging edges and a narrow neck; are composed of a lipid-rich core with a thin fibrous cap. Patients with NSTEMI-ACS frequently have multiple such plaques that are
- **Clin:** chest discomfort is severe and has at least one of three features:
 - **occurrence at rest** (or with minimal exertion), lasting >10 min;
 - **relatively recent onset** (i.e., within the prior 2 weeks)
 - **crescendo pattern** (more severe, prolonged or frequent than previous episodes).
- **Lab: ECG** De novo **ST-segment depression** occurs in 1/3 of patients with. It may be transient but may persist. **T-wave** changes are more common but are less specific signs of ischemia, unless they are new and **deep T-wave inversions (≥ 0.3 mV)**.
- early risk of death (1-10%), recurrent ACS (5–15%) during the first year

Various ways of progression into MI

Benign early hyperpolarization



	MI	Pulmonary infarction	Pericarditis
<u>Chest pain</u>			
location	Retrosternal	Ant, post or lat	Retrosternal
onset	sudden	sudden	sudden
character	Pressure like heavy squeezing	Sharp, stabbing	Sharp, stabbing and sometimes dull
Change with respiration	no		Worse with inspiration
Change with position	no	no	Worse in supine , improve c sitting up
Radiation	Jaw, neck, shoulder or arms	shoulder	Jaw, neck, shoulder, arms, trapezius
Duration	Min to hours	Hours to days	Hours to days
Response to NTG	improved	No change	No change
others			
Pericardial rub	absent	rare	present
S3, pul cong	present	absent	absent

ACUTE CORONARY SYNDROME

■ **Dg:** A. ECG: (ST seg. pathol. ; telemetry (Holter)

B. **Imaging** (chest X-ray)

C. **Blood tests** : Biomarkers Early:

h-FABP (heart specific Fatty Acid Binding Protein

(onset 30 min; peak 6 h; return 18 -24 h)

IMA (Ischemia-Modified Albumin) (in % of total) =
conformational mode; low binding of Cu or Co

Myeloperoxidase (MPO)

Glycogen Phosphorylase Isoenzyme BB-(GPBB)

Biomarkers Late: troponin I or T (cTnI; cTnT), CK

– MB, AST, LDH, ALT; D-dimer

Prognostic markers:

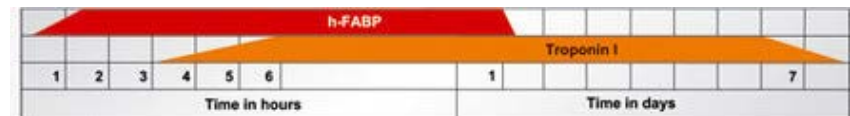
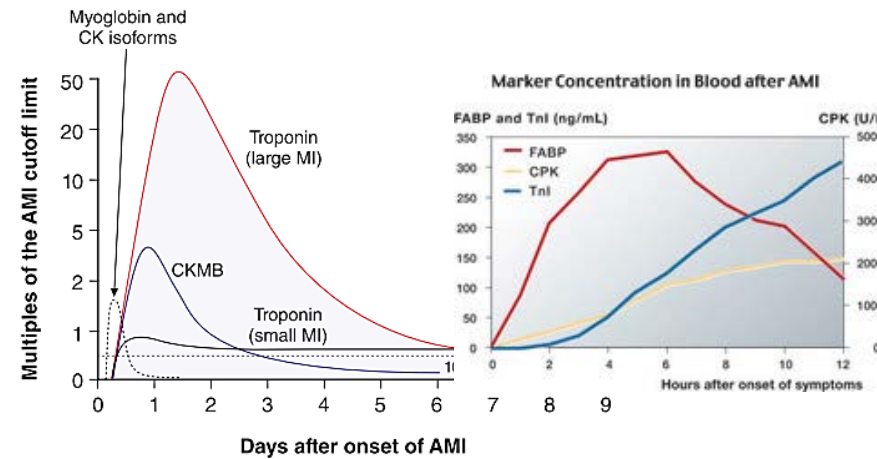
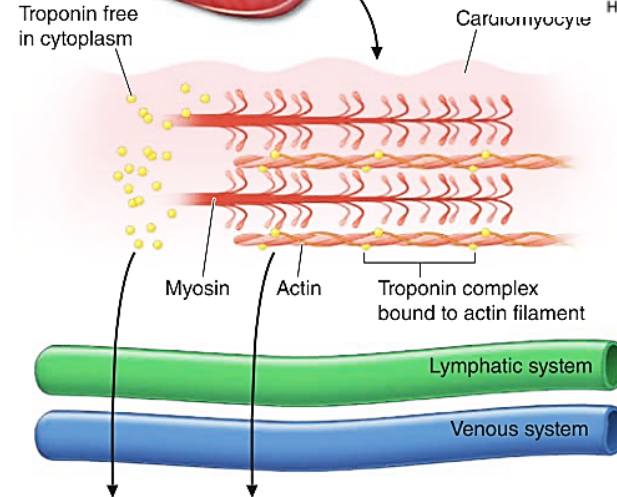
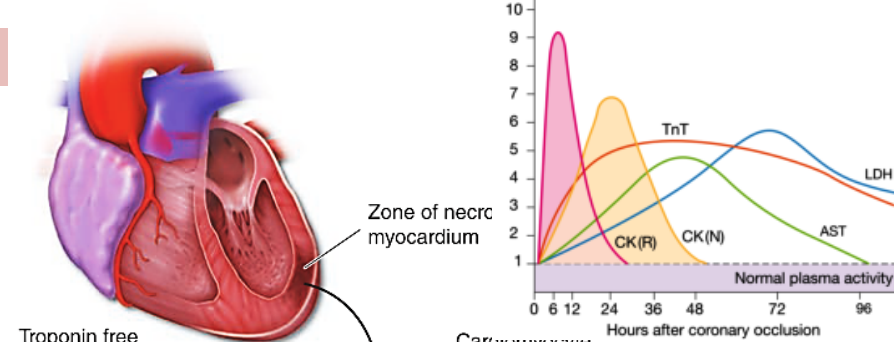
Natriuretic peptide - BNP and N-terminal Pro BNP

(risk of death and heart failure following ACS)

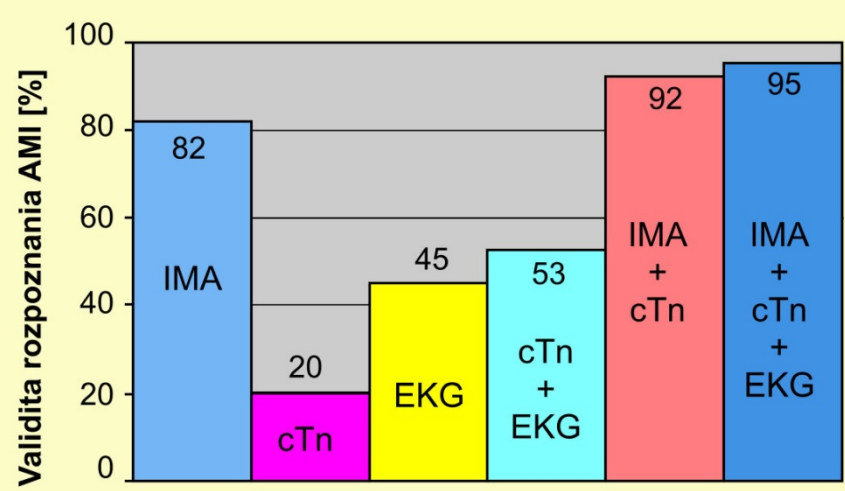
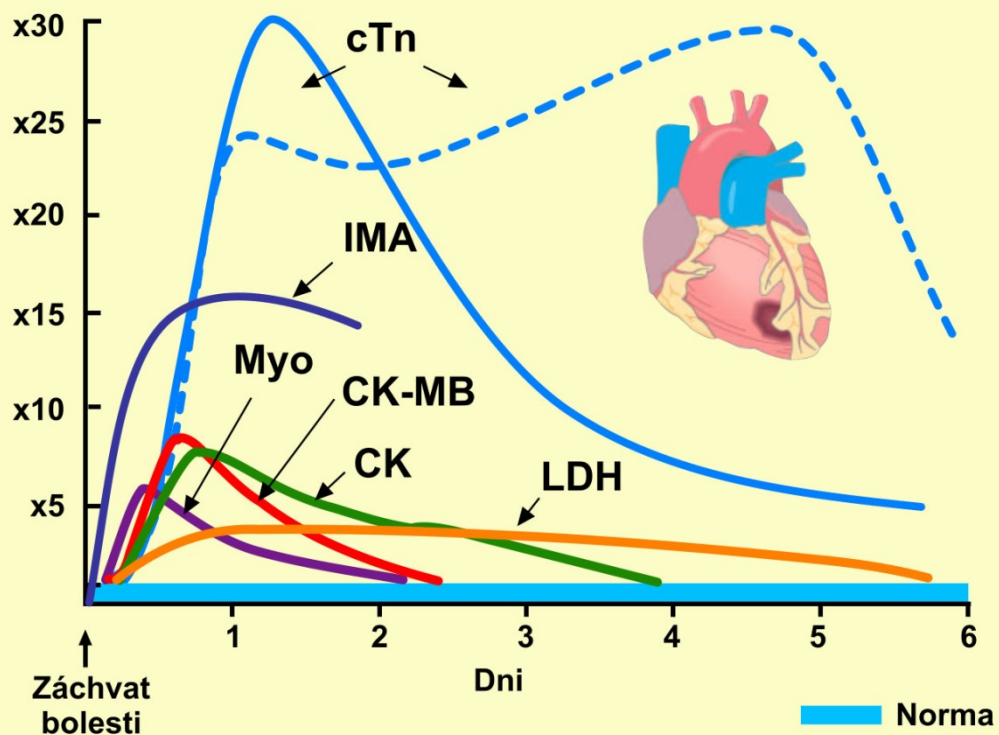
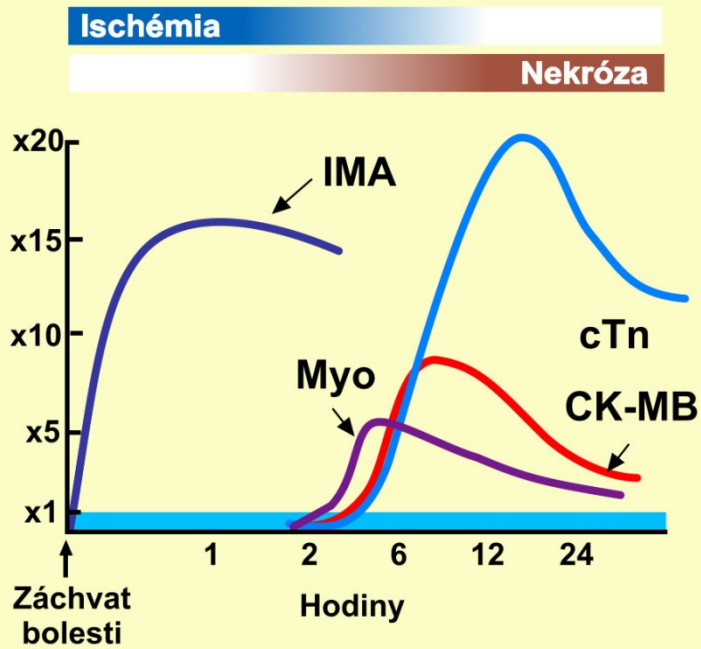
Monocyte chemoattractive protein (MCP)-1 - higher

risk of adverse outcomes after ACS.

■ **Th:** angioplasty or thrombolysis



Diagnostic windows

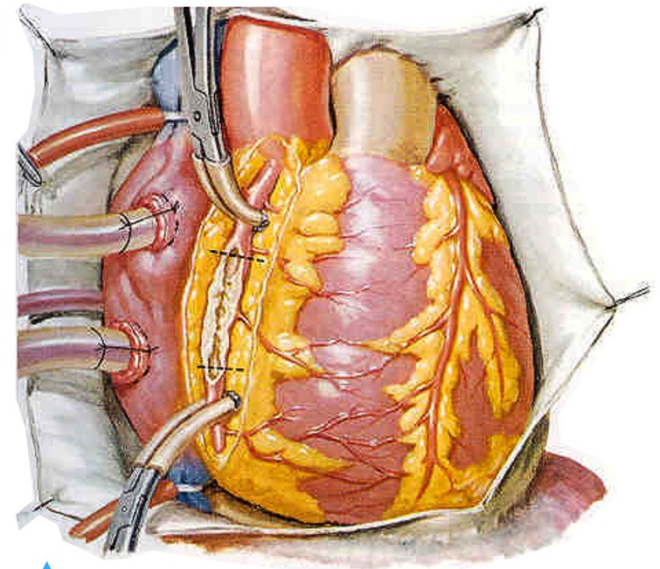
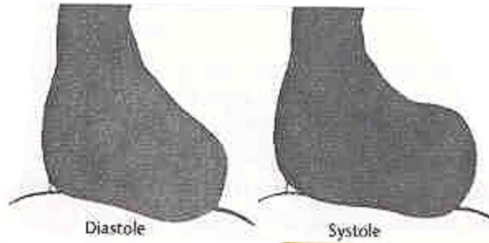
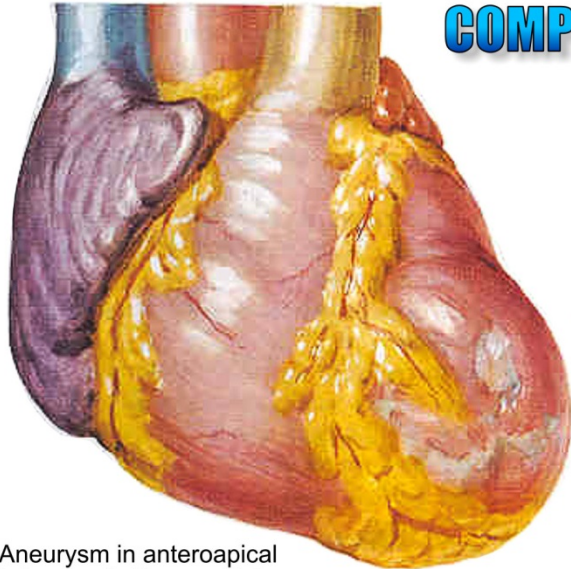


- Cardiac troponin I (cTnI) and T (cTnT) are components of the contractile apparatus of myocardial cells and are expressed almost exclusively in the heart
- cTnI and cTnT. high-sensitivity (hs)-cTn are the preferred biomarkers for the evaluation of myocardial injury
- CK-MB is less sensitive and less specific

Elevation of Cardiac Troponin

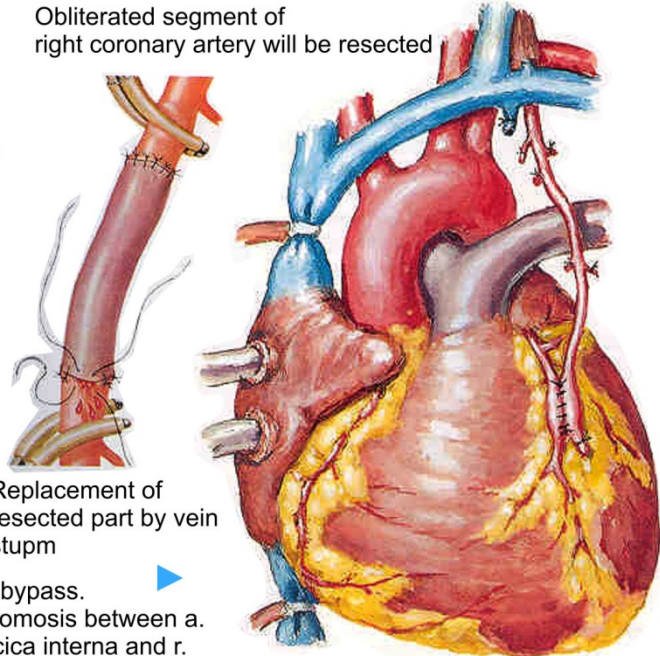
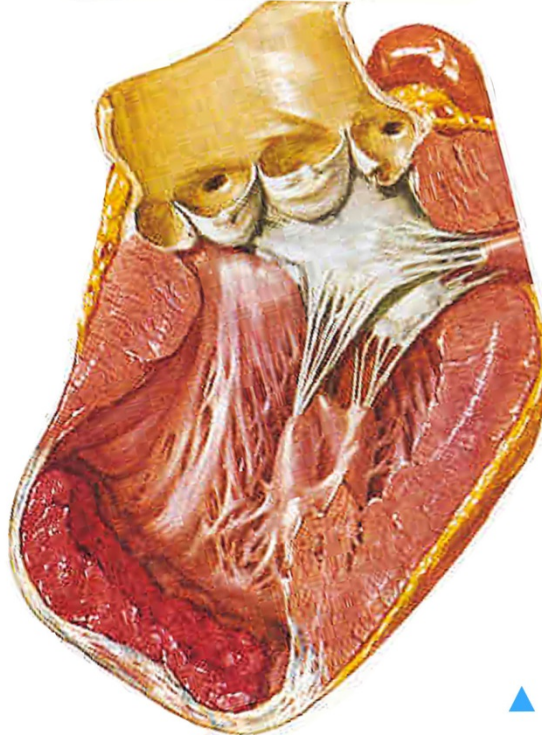
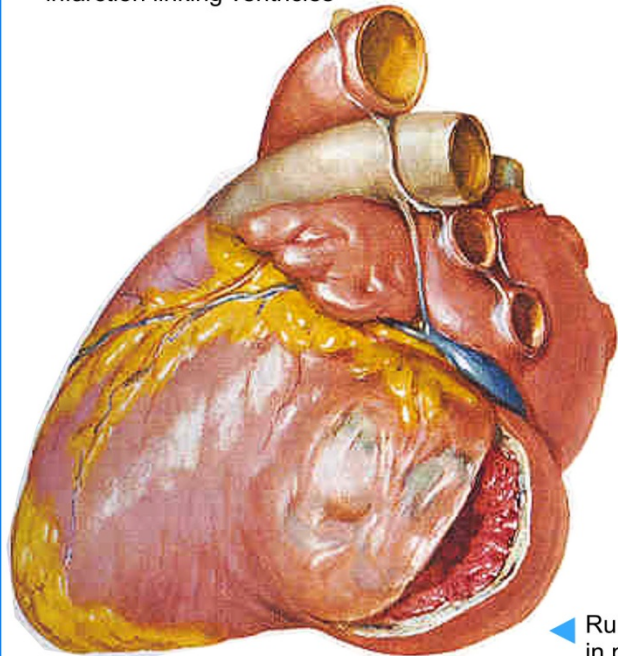
- Myocardial injury related to acute myocardial ischemia
 - Atherosclerotic plaque disruption with thrombosis
- Myocardial injury related to acute myocardial ischemia because of oxygen supply/demand imbalance
 - Reduced myocardial perfusion, eg, • Coronary artery spasm, microvascular dysfunction • Coronary embolism • Coronary artery dissection • Sustained bradyarrhythmia • Hypotension or shock • Respiratory failure • Severe anemia
 - Increased myocardial oxygen demand, eg, • Sustained tachyarrhythmia • Severe hypertension with or without left ventricular hypertrophy
 - Other causes of myocardial injury
 - Cardiac conditions, eg, • Heart failure • Myocarditis • Cardiomyopathy (any type) • Takotsubo syndrome • Coronary revascularization procedure • Cardiac procedure other than revascularization • Catheter ablation • Defibrillator shocks • Cardiac contusion
 - Systemic conditions, eg, • Sepsis, infectious disease • Chronic kidney disease • Stroke, subarachnoid hemorrhage • Pulmonary embolism, pulmonary hypertension • Infiltrative diseases, eg, amyloidosis, sarcoidosis • Chemotherapeutic agents • Critically ill patients

COMPLICATIONS OF INFARCTION



▲ Aneurysm in anteroapical infarction linking ventricles

▲ Obliterated segment of right coronary artery will be resected



▲ Thrombus developing within aneurysm in ventricular septum

▲ Replacement of resected part by vein stump

▲ Rupture in aneurysm developed in posterior ventricular wall

▲ IMA - bypass.
Anastomosis between a. thoracica interna and r. interventricularis