



ACUTE CORONARY SYNDROME

WHAT IS ACUTE CORONARY SYNDROME?

Acute Coronary Syndrome (ACS) is a group of serious heart conditions caused by a sudden reduction in blood flow to the heart. This includes unstable angina, NSTEMI (Non-ST Elevation Myocardial Infarction) it is often caused by a narrowing or connection in the coronary arteries resulting from a blood clot, and STEMI (ST Elevation Myocardial Infarction).

Causes and Risk Factors

- Atherosclerosis (plaque buildup in arteries)
- High blood pressure
- Smoking
- Diabetes
- Obesity
- High cholesterol
- Family history of heart disease

Signs and Symptoms

- Chest pain or discomfort
- Pain radiating to arm, jaw, or back
- Shortness of breath
- Nausea or vomiting
- Sweating
- Dizziness or fainting

Diagnosis

- Electrocardiogram (ECG)
- Blood tests (Troponin levels heart enzyme)
- Echocardiogram
- Coronary angiography This is a procedure performed by inserting a tube through the artery in the hand or thigh for imaging the coronary arteries and using dye that is injected into the tube to diagnose the condition of the arteries.

Treatment

- Giving Aspirin and nitroglycerin for immediate relief.
 - Beta-blockers, statins, ACE inhibitors medications.
 - Opening the arteries using a catheter, thrombolytics.
 - Coronary artery bypass surgery in case of blockages of several arteries
 - Cardiac rehabilitation and lifestyle changes
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Access to Care and Services

During Working Hours

Patients may access care through primary health centers, cardiology clinics, or hospital emergency departments. Triage protocols ensure timely and appropriate care based on symptom severity.

After Working Hours

Emergency departments and ambulance services are available 7/24. In some regions, on-call cardiology teams, telemedicine, and extended clinic hours help ensure access to care.

Patient and Community-Centered Planning

- Health education programs promote awareness and prevention.
 - Coordinated care across providers ensures continuity and timely interventions.
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References

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