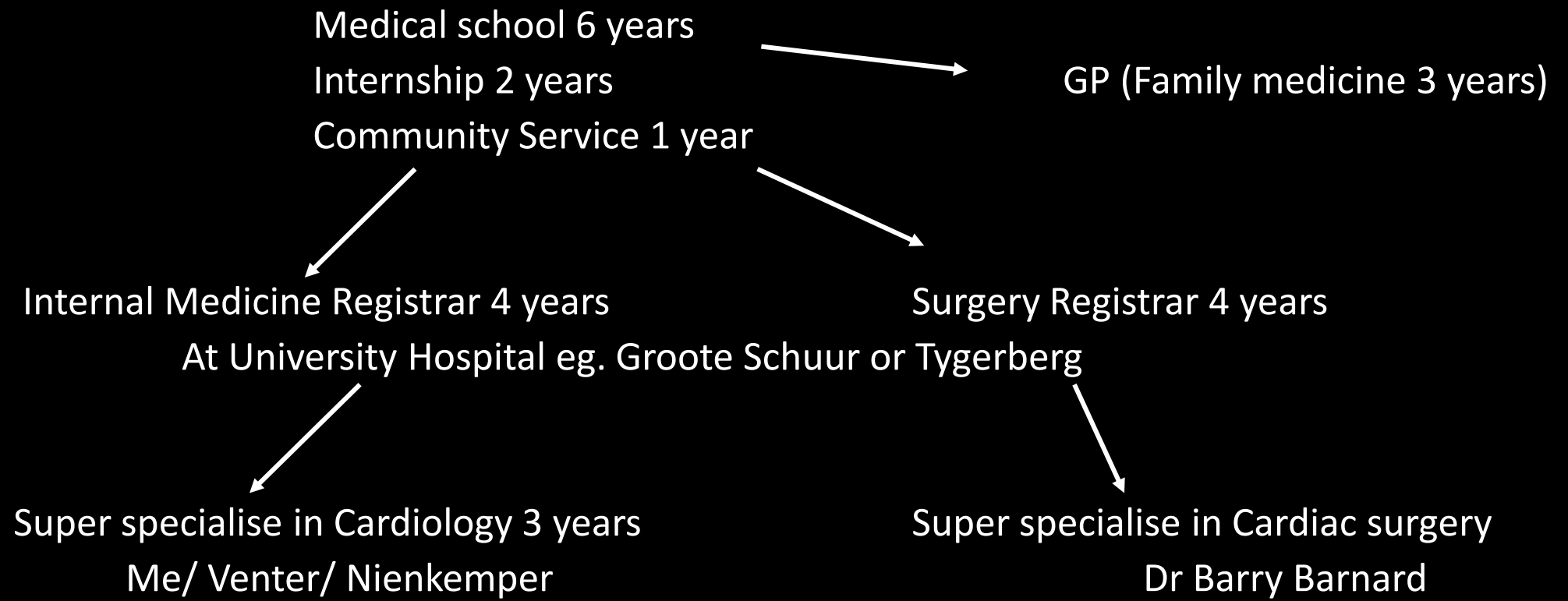


Controversies in Cardiology

Dr Mark Abelson

Who is who in the cardiology world?



Controversies

















- Diet – what should we be eating?
- Statins – it's all in the mind
- Dissolvable stents – where did they go?
- Percutaneous Aortic valve replacement – the future is here
- Percutaneous Mitral valve replacement – on its way

Diet – is Tim Noakes correct?

- PURE study – Lancet 2017
- 135,000 people with a range of income levels in 18 countries on five continents.
- Participants were sorted based on percentage of dietary energy derived from carbohydrates; protein; and total, saturated, monounsaturated, and polyunsaturated fats. Median follow-up was 7.4 years.
- Higher carbohydrate intake was associated with **higher risk for overall mortality and non-CV-related death** but was not associated with major adverse CV events.
- Conversely, higher intakes of total, saturated, monounsaturated, and polyunsaturated fats were associated with **lower risk for overall and non-CV-related death** and were not associated with adverse CV events
- Higher fruit, vegetable, and legume consumption was associated with a lower risk of non-cardiovascular, and total mortality. Benefits appear to be maximum for both non-cardiovascular mortality and total mortality at three to four servings per day (equivalent to 375–500 g/day).

CENTRAL ILLUSTRATION: Evidence for Cardiovascular Health Impact of Foods Reviewed

Summary of heart-harmful and heart-healthy foods/diets

 Evidence of harm; limit or avoid	 Inconclusive evidence; for harm or benefit	 Evidence of benefit; recommended
 Coconut oil and palm oil are high in saturated fatty acids and raise cholesterol	 Sunflower oil and other liquid vegetable oils	 Extra-virgin olive oil reduces some CVD outcomes when consumed in moderate quantities
 Eggs have a serum cholesterol-raising effect	 High-dose antioxidant supplements	 Blueberries and strawberries (>3 servings/week) induce protective antioxidants
 Juicing of fruits/vegetables with pulp removal increases caloric concentration*	 Juicing of fruits/vegetables without pulp removal*	 30 g serving of nuts/day. Portion control is necessary to avoid weight gain.†
 Southern diets (added fats and oils, fried foods, eggs, organ and processed meats, sugar-sweetened drinks)	 Gluten-containing foods (for people without gluten-related disease)	 Green leafy vegetables have significant cardio-protective properties when consumed daily  Plant-based proteins are significantly more heart-healthy compared to animal proteins

Freeman, A.M. et al. J Am Coll Cardiol. 2017;69(9):1172-87.

Statins

“I’m getting lots of aches and pains – it must be my statin drugs!”

“I have read so many bad things about statins”

“My friends said statins caused their hair to fall out”

Ascott study – 5 year study of Atorvastatin vs placebo in 10 000 patients

No difference in reported side effects during the study

Unblinded and study continued – significantly more musculo-skeletal side effects reported! No difference in all other SE

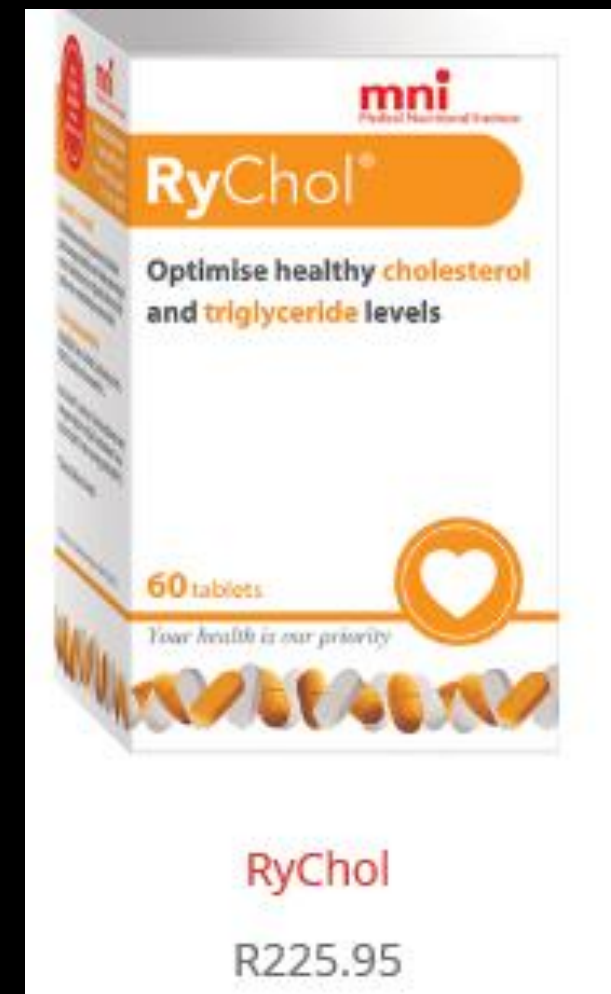
There is no conspiracy going on here!

Supplementary products

- Unregulated – nobody checks ingredients
- Unsubstantiated claims of benefit – no trials done
- No quality control in production
- Cost significantly more than scheduled medication



R30/month



RyChol

R225.95

R450/month

Dissolvable stents – failed to deliver



The Absorb Procedure



Absorb is placed into the artery on a balloon at the end of a thin flexible tube.



Absorb is expanded by inflating the balloon, pushing the plaque against the artery wall to enable greater blood flow.



The balloon is removed, leaving Absorb to slowly release medication to the diseased area.



With blood flow restored, Absorb begins dissolving.



Over time Absorb dissolves into the blood vessel.¹

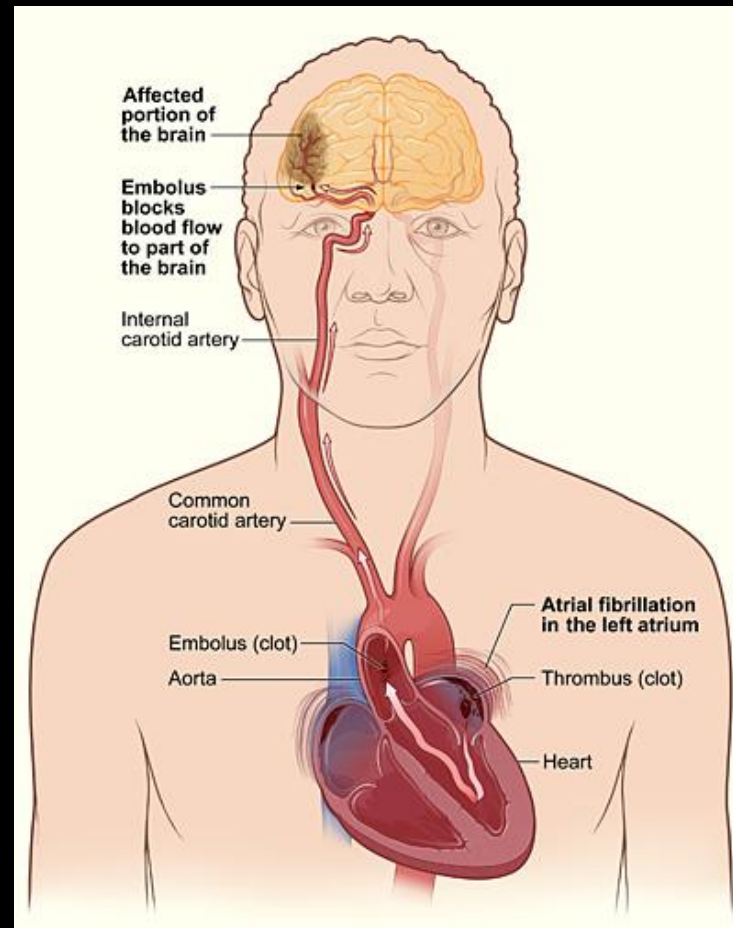
Courtesy of Abbott. Absorb is a trademark of the Abbott Group of Companies. ©2013 Abbott. All rights reserved.

¹Absorb dissolves except for two pairs of tiny metallic markers, which help guide placement and remain in the artery to enable a physician to see where the device was placed.

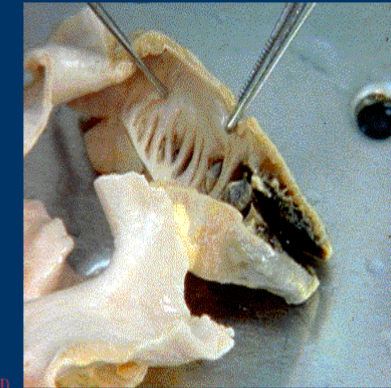
Percutaneous Valve Replacement Surgery

Atrial Fibrillation and Atrial Thrombus

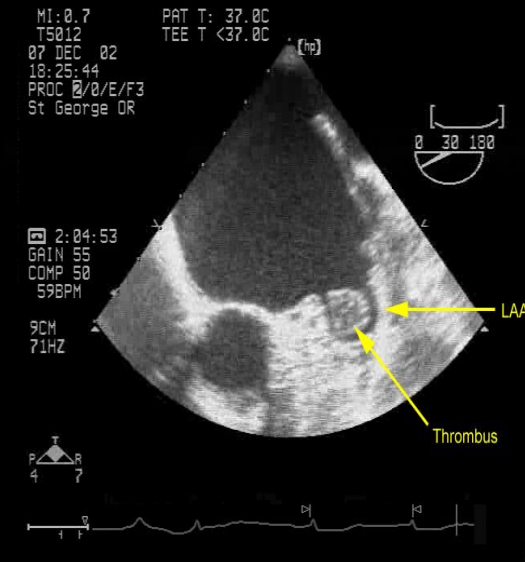
90% of emboli in AF originate from the Left Atrial Appendage



Left Atrial Appendage (LAA)



STANFORD
SCHOOL OF MEDICINE
Medical Records Medical Center



No More Warfarin

