

Re: This is annoying – results of nuclearr stress test

Source: <http://sci.tech–archive.net/Archive/sci.med.cardiology/2005–04/msg00441.html>

- *From:* "Bill" <xxx@xxxx>
 - *Date:* Sat, 16 Apr 2005 23:19:36 GMT
-

"Andrew B. Chung, MD/PhD" <andrew@xxxxxxxxxxxxxxxx> wrote in message
news:4260E62D.55C567D8@xxxxxxxxxxxxxxxxxxxx

> Bill wrote:

>>

>> "Andrew B. Chung, MD/PhD" <andrew@xxxxxxxxxxxxxxxx> wrote in message

>> news:425FA0A0.E2A66102@xxxxxxxxxxxxxxxxxxxx

>>> Bill wrote:

>>>>

>>>> I noticed a few weeks ago that I was experiencing some chest pain when I

>>>> got

>>>> going a little bit on the tread mill – not too high, 3.2 mph or so – and

>>>> then

>>>> it diminished when I backed off.

>>>>

>>>> Talked to my cardiologist and we scheduled a nuclear stress test for

>>>> yesterday. The Dr. saw nothing significant on the EKG except for the

>>>> results

>>>> of old MIs. Got the results today and the nurse said there was a change

>>>> since

>>>> last time and I should make an appointment with my cardiologist.

>>>> Unfortunately, she is out until next Wed. and the earliest appt. I could

>>>> get

>>>> is the Wed. after that.

>>>>

>>>> I suspect this is a stable plaque which is building up and I suspect it

>>>> may

>>>> be

>>>> in part due to me backing off on the amount of exercise I do for the

>>>> last

>>>> few

>>>> months.

>>>>

>>>> How well controlled are ****all**** your risk factors for progression of

>>>> occlusive coronary disease?

>>>>

>>>>

>>>> Weight admittedly needs some work. (It is embarrassingly high) But I have

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>> lost
>> 30 lbs over the last 6 months or so.
>
> Excellent :-)
>
>> Diabetes is mostly under control with
>> meds.
>
> Why is it not better controlled?
>

Don't know. Ha1C was in the mid 6s last time. Blood sugars usually between 110 and 160.

>> Cholesterol is somewhat under control with meds. I forget the exact
>> numbers but LDL was a little over 70, HDL was in high 40s or low 50s and
>> triglycerides were too high.
>
> Why was the latter not addressed?
>

Good question. What are possible ways of doing this and I'll bring it up with the cardiologist.

>> I'm now up to 80 of Lipitor.
>
> That won't address the high triglycerides.
>
>> BP is well controlled. Typical is 120/80.
>
> Excellent.
>
>> Maleness, 62 years of age, and family history
>> on father's side I can not do much about. I've been cutting way back on the
>> amount of gym time for the last 2 or 3 months. Maybe because the treadmill
>> was
>> my best aerobic exercise and that is where I started to get the chest
>> pains.
>>
>> I often do eat less than 2lbs a day – which probably accounts for the
>> weight
>> loss.
>
> It sure does.
>
>> But that is because the food around the house is often boring.
>
> If you choose to befriend hunger, the food will no longer be boring.
>
>> I take
>> lots of supplements.

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>
> Such as?
>

The list is huge. CoQ10, Ginger, Fish Oil, lots of vitiamis but not E.
Calcium – was diagnosed with bone depletion, Gloucosamine/Chondroitin, MSN,
Lysine, Garlic, Chromium Picolinate, DHEA, Saw Palmento, folic acid, Hawthone
once a week, Alpha Lapoic acid once a week,and low dose niacian.

I think the most likely scenario – though there are many others – is that the
cardiologist will send me for an angiogram, during the angiogram they will see
one or two partially blocked arteries with stable plaques, and recommend
angioplasties with stents. My inclination would be to go along with that. In
general, does that make some sense?

Thanks.

Bill

>
> At His service,
>
> Andrew
>
> ---
> Andrew B. Chung, MD/PhD
> Board–Certified Cardiologist
>
> **
> Suggested Reading:
> (1) <http://makeashorterlink.com/?L26062048>
> (2) <http://makeashorterlink.com/?V113154DA>
> (3) <http://makeashorterlink.com/?X1C62661A>
> (4) <http://makeashorterlink.com/?U1E13130A>
> (5) <http://makeashorterlink.com/?K6F72510A>
> (6) <http://makeashorterlink.com/?I24E5151A>
> (7) <http://makeashorterlink.com/?I22222129>

• **Follow–Ups:**

- ◆ **Re: This is annoying – results of nuclearr stress test**
 ◇ From: Andrew B. Chung, MD/PhD

• **References:**

- ◆ **This is annoying – results of nuclearr stress test**
 ◇ From: Bill
- ◆ **Re: This is annoying – results of nuclearr stress test**

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◇ *From:* Andrew B. Chung, MD/PhD

◆ ***Re: This is annoying – results of nuclearr stress test***

◇ *From:* Bill

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◇ *From:* Andrew B. Chung, MD/PhD

- Prev by Date: ***Re: alternatices to statins***
- Next by Date: ***Re: Rupture aortic aneurysm***
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