

Re: This is annoying – results of nuclearr stress test

Source: <http://sci.tech–archive.net/Archive/sci.med.cardiology/2005–04/msg00476.html>

- *From:* "Bill" <xxx@xxxxx>
 - *Date:* Sat, 16 Apr 2005 02:07:36 GMT
-

"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 lost 30 lbs over the last 6 months or so. Diabetes is mostly under control with meds. 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. I'm now up to 80 of Lipitor. BP Is well controlled. Typical is 120/80. Maleness, 62 years of age, and family history on fathers side I can not do much about. I've been cutting way back on the

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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. But that is because the food around the house is often boring. I take lots of suppliments.

Bill

>> However, I also suspect I am probably headed for another angioplasty.
>> (The first in many years.) I know there is some controversy on angioplasty
>> for
>> stable plaques but I lean toward it, because the signals the blockage sends
>> out could cause me to mistake a real MI for the old blockage and could
>> cause
>> me to further cut back on exercise.
>>
>> Thoughts?
>
> The signals that blockage sends out could also help guide you on how
> aggressive you need to be lower your risk factors for CAD progression.
>
> 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*

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◇ *From:* Bill

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

◇ *From:* Andrew B. Chung, MD/PhD

- Prev by Date: ***Re: Rupture aortic aneurysm***
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