

Heart Attack

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Attack: I recently had a heart attack while exercising. My angiogram showed 100% blockage of the right coronary artery. The blockage was cleared and a stent inserted within about two hours. Damage was minimal and I could engage in normal activities and start strenuous exercise after only a few days.

Background: I am a 66 years old male. I have had stable angina for about 9 years which was relieved by a beta-blocker. About two years ago I reduced my weight from about 200 pounds to 160 pounds and started strenuous daily exercise. A stent was placed about 15 months ago to clear a 60% blockage of another artery. The stent did not relieve the symptoms, but the beta-blocker continued to help. About 12 months ago, an angiogram showed continuing plaque buildup.

After the stent was placed I went on 10 mg of Lipitor per day. This reduced my cholesterol from a little over 200 to under 140. It measured 107 the day after the attack.

1. Does anyone know why the damage was not more severe? What does it take to damage heart muscle and what mechanisms mitigate it.
 2. It seems to me that it is likely I will have more attacks given the continuing plaque buildup with Lipitor. I am now taking 20 mg of Crestor a day instead of the Lipitor. Can this stop the build up of plaque? What options do I have?
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