

Re: I came here for information and advice

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- *From:* Don Kirkman <donsno2@xxxxxxxxxxxxxx>
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It seems to me I heard somewhere that zob wrote in article <37atu3teh1jc8u74sg70a45ggb44chuibf@xxxxxxx>:

On Sat, 29 Mar 2008 15:34:20 -0400, Newsreader <fakeid@xxxxxxxxxxxx> wrote:

zob wrote:

I came here for information and advice because I had an angioplasty with three DES inserted in my circumflex and RCA last October. I'm doing great, but based on the latest studies I have concerns about going off of Plavix in a few months as my cardiologist has suggested.

But I'm wondering if I came to the wrong NG. All I see are posts arguing about religion.

Is this actually a newsgroup about cardiology?

Allegedly it is, but it's pretty much ruined by Chung. I began reading this newsgroup after my MI & angioplasty installed stents on 09/30/07. I still browse it periodically for the occasional interesting post. My favorite discovery for many different health related discussion is:

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<http://www.healthboards.com/boards/forumdisplay.php?f=65>

That link is the Heart Disorders subgroup. I also read the High/Low Blood Pressure and the Weight Loss subgroups. Lots of good discussions.

I was told to expect to stay on Plavix basically the rest of my life. I'm trying like hell to change my lifestyle enough that my Dr agrees to get me off of Statins.

Thanks for the link. After what I've been reading, it looks as if it might be prudent to stay on Plavix for the rest of my life also. At least until new studies that are being done now are completed. It looks as if the danger lies within the first three months after stopping Plavix; there seems a rebound effect where the platelets, previously repressed, suddenly multiply and form clots in the stent area. I've read some hopeful news, that studies currently under way may show that it's simply a matter of weaning off the Plavix gradually rather than stopping cold turkey.

I'm also on Tricor and Lipitor, which — like you — I am working hard to get off of. I had my angioplasty October 25, 2007, a month after you, and I have lost 50 pounds since then sticking to a low fat/low glycemic diet. I'm hoping to get off the statins for more reason than one. Between the statins, Niaspan, Plavix, three BP meds and a couple of other meds, even with good insurance my prescription co-pays amount to several hundred dollars a month. These are all tier 1 and tier 2 meds.

I'm really hoping that with lifestyle changes I've made that this will change. My blood pressure was averaging around 150/85 even with the meds. Now with my weight loss it's averaging about 118/65 and I've already been able to switch from the very expensive Catapres transdermal patch to the much cheaper clonidine. Since October my total cholesterol has dropped from 239 to 117, and triglycerides have plummeted from 359 to 117 also. I've begun an exercise program and am very optimistic that when I go for my next follow up with the cardiologist (in August) that I'll be able to get off several meds.

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Since the angioplasty I feel better and have more energy than I've had in years. My only real concern has been the prospect of eventually stopping Plavix with the drug exuding stents. Guess I'll just wait and express my concerns to the cardiologist at my August appointment.

Welcome, Zob. You sound like you've brought a breeze of fresh air in here with you. :-)

My experiences have been better than yours' and Newsreader's sound. I had a very minor attack in 1998, had three stents in two lab sessions, and since then have been on Lipitor 80m, Lisinopril 20m, and atenolol 12.5m, along with several nutritionals recommended by earlier cardiologists and my optometrist. I'm on twice a year office visits with annual liver panels, and my numbers are very stable in the low-risk zone. I continue close to the routine I had at the time of my attack, except I no longer run marathons or even 5ks; I do about 12 – 15 miles a week, and walk a round of golf every week, weather and commitments allowing. Retirement and losing my running companions at work reduced my motivation for hard running to almost zero. :-)

To the extent either of you can handle exercise, I'd sure urge you to get into a routine of some kind; it doesn't have to be hard or intense, but it needs to be continuous and repeatable. I began running close to thirty years ago because most of the men in my family were ill or dying from cardiac problems, so by now running has become a habit and I can see the benefits in my daily activities. Fortunately, my first cardiologist was also a runner, and he had me walking about two weeks after each stenting session, and running soon after that.

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