



# 36<sup>th</sup> World Congress on Heart Diseases

## Tropical Coronary artery disease

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The rising incidence of CAD is a new phenomenon in developing countries. The increasing burden of coronary artery disease (CAD) in tropical and subtropical belts of the Equator since it remains blurred and carries a grim prognosis. The worldwide burden is set to reach 47 million disabilities by the year 2020 as projected by World Health Organization. Several Western studies have demonstrated a significant role of various nutrients like fat, saturated fat and cholesterol in the causation of CAD. In contrast, the traditional Indian diet is low in fat content and, therefore cannot be the sole cause for the high prevalence of CAD in Indians. Plaque buildup in endocardium and coronary arteries, causing ischemic injury and arrhythmic episodes, is a vanishing mystery in its pathogenesis and emphasizing alternative routes for understanding and treatment of this enigmatic disease. Recently, an increase in the incidence of CAD was reported from southern states of India and other etiologies, the infectious or inflammatory conditions such as Endomyocardial fibrosis may provide an insight in its analysis. Recently, evidence of myocardial injury, as defined as an elevated troponin level, is common among patients hospitalized with COVID-19, caused by cardiac microvascular damage and systemic inflammatory response syndrome (cytokine storm) with increased risk of a poor prognosis..The important steps to prevent and decrease the risk of CAD is to reduce the chance of getting this disorder by epidemiological measures with an advice of blood thinning medications such as small daily dose aspirin, statins, nitrates and antibiotic in susceptible individuals.

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