

International medical review

According to scientists, elevated levels of low-density lipoprotein (LDL) cholesterol increased the risk of myocardial infarction and ischemic stroke only in patients with signs of coronary atherosclerosis. The study included 23132 patients who were screened for coronary heart disease using coronary CT angiography. The association between LDL cholesterol levels and the incidence of myocardial infarction and ischemic stroke was assessed. The median follow-up period was 4.3 years. This study may be useful for the assessment of cardiovascular risk and further complications prevention.

According to the Circulation journal

Glimepiride can reduce cardiovascular and all-cause mortality, admissions, myocardial infarction and stroke in patients with type 2 diabetes and heart failure. The study showed that glimepiride reduced the risk of cardiovascular mortality by 66% and all-cause mortality by 53%. Researchers from Huazhong University of Science and Technology and the Chinese Academy of Sciences suggest that the protective effect of glimepiride may be explained by the increased levels of epoxyeicosatrienoic acid through inhibition of soluble epoxide hydrolase.

According to the European Journal of Preventive Cardiology

People after mild coronavirus infection had a higher risk of thrombosis than those who have never had this infection. Researchers followed 18,000 people who had coronavirus infection during the first year of pandemic and compared their health status to 34,000 people who have never had it. Those admitted with COVID-19 had a 28-fold increased chance of thrombosis, a 22-fold increased chance of heart failure, and a 17-fold increased chance of stroke.

According to the Heart journal

The risk of a significant increase of blood pressure during labor was lower in women with preeclampsia who received nifedipine. Administration of the drug reduced the likelihood of cesarean section and the need for admission of the newborn into the intensive care unit. According to the American Heart Association (AHA), a significant increase in blood pressure during pregnancy and labor increases the risk of complications, including placental detachment. At the same time, the prescription of intravenous drugs in order to reduce blood pressure causes an extreme drop in 10% of patients, which increases the occurrence of serious complications in both in mothers and the newborns.

According to the Hypertension journal

People aged over 60 can significantly reduce their risk of cardiovascular disease by walking from 6,000 to 9,000 steps a day. Scientists analyzed eight prospective studies that evaluated the effect of the number of

steps walked per day on cardiovascular health. A total of 20,152 people from the United States and 42 other countries participated in the study. The average age was 63.2 years. The authors recommend that older people use step-tracking devices to assess physical activity levels, however it is also easy to track the number of steps without additional equipment.

According to the Circulation journal

The study from the University of Paris-Cité found that nitrates and nitrites, which manufacturers add to the processed meat as preservatives and pink coloring agents, do not benefit cardiovascular health. During the follow-up, authors identified 3,910 cases of hypertension and 2,075 cases of cardiovascular disease. Authors analyzed age, gender, daily energy intake, intake of alcohol, sodium, sugar, saturated fatty acids, fiber, heme iron, body mass index, physical activity level, smoking and other diseases. Scientists believe large-scale studies are needed to confirm the findings, and regulations on the use of nitrite supplements in foods should be updated.

According to the JAMA O journal

The Society for Cardiovascular Angiography and Interventions has issued an updated expert consensus statement to provide clearer guidance on what percutaneous coronary angioplasty cases can be done in outpatient settings such as ambulatory surgery centers (ASCs) and office-based laboratories and which are best left to more traditional settings, such as hospitals with full cardiac support.

PCI has evolved quickly since SCAI issued its last update almost 9 years ago. The updated statement, published online in the Journal of the Society for Cardiovascular Angiography and Interventions, notes that the proportion of same-day PCI discharges has increased from 4.5% in 2009 to 28.6% in 2017. The statement also notes that the Medicare facility fee for outpatient PCI in an ASC is about 40% less than the hospital fee.

According to the MDedge.com

The European Commission (EC) nod for the sodium-glucose cotransporter 2 (SGLT2) inhibitor follows the positive opinion of the Committee for Medicinal Products for Human Use of the European Medicines Agency in December 2022.

The committee's decision was based on the results from the DELIVER phase 3 trial, which showed clear clinical benefits of the SGLT2 inhibitor in patients with HF regardless of their left ventricular function.

The study was published last August in the New England Journal of Medicine and presented at the European Society of Cardiology's annual congress (ESC Congress 2023).

According to the theheart.org