

## Mayo Clinic Minute

### What is Spontaneous coronary artery dissection?

Video	Audio
	It's a silent killer that victims don't see coming.
	Spontaneous coronary artery dissection, or SCAD, is a kind of heart attack.
	But it's unlike most of our traditional perceptions of heart attacks.
(:05 - :12)	"It's not due to plaque buildup in the arteries. It typically happens in young people, particularly women."
	Mayo Clinic cardiologist Dr. Sharonne Hayes says it happens when a tear develops inside a coronary artery, allowing blood to create a split between two layers of the wall.
	This may result in a loose flap of tissue on the inside of the artery.
	Sometimes the split remains small, but sometimes blood flows in between the layers and can clot, which causes the artery to narrow and can sometimes block blood flow to the heart.
(:13 - :24) <b>Sharonne Hayes, M.D.</b> <b>Cardiology</b> <b>Mayo Clinic</b>	"We don't really know the cause, although it is associated with certain blood vessel abnormalities, giving birth, extreme exercise, or excitement or emotion."
	Research shows it could be related to family genetics, too.
	Dr. Hayes says the symptoms are similar to other kinds of heart attack: chest pain, rapid heartbeat, shortness of breath, sweating, extreme tiredness, nausea and dizziness.
	Dr. Hayes is hoping more women become aware of their risk for SCAD and will know how to recognize symptoms quickly so they can get to a hospital before it's too late.

	For the Mayo Clinic News Network, I'm Ian Roth.
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