

## Mayo Clinic Minute

### Medications versus surgery for heart patients

| Video   | Audio   |
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|   | Do heart patients who have ischemia, or blockages in their coronary arteries that reduce blood flow to the heart need a procedure or surgery? Or are there less invasive options?   |
| <b>Todd Miller, M.D.</b><br><b>Cardiovascular Disease</b><br><b>Mayo Clinic</b> | "The ischemia trial evaluated patients with stable coronary artery disease."  |
|   | Dr. Todd Miller says traditionally these patients have been treated with stents to open blockages or coronary artery bypass surgery. The study showed that if a patient has ...   |
|   | "... coronary artery disease and their symptoms are reasonably well-controlled, you can tell them that they could certainly treat this with just medication and lifestyle measures alone."                                  |
|   | Dr. Miller says medications, such as statins to lower cholesterol, plus maintaining a healthy weight, exercising, eating a heart-healthy diet and not smoking may be what many patients need to manage their heart disease. |
|   | "They should, of course, be cautioned that if their symptoms worsen or if they are dissatisfied with their lifestyle, then these other treatment measures, which are more aggressive, can be helpful."                      |
|   | For the Mayo Clinic News Network, I'm Vivien Williams.  |