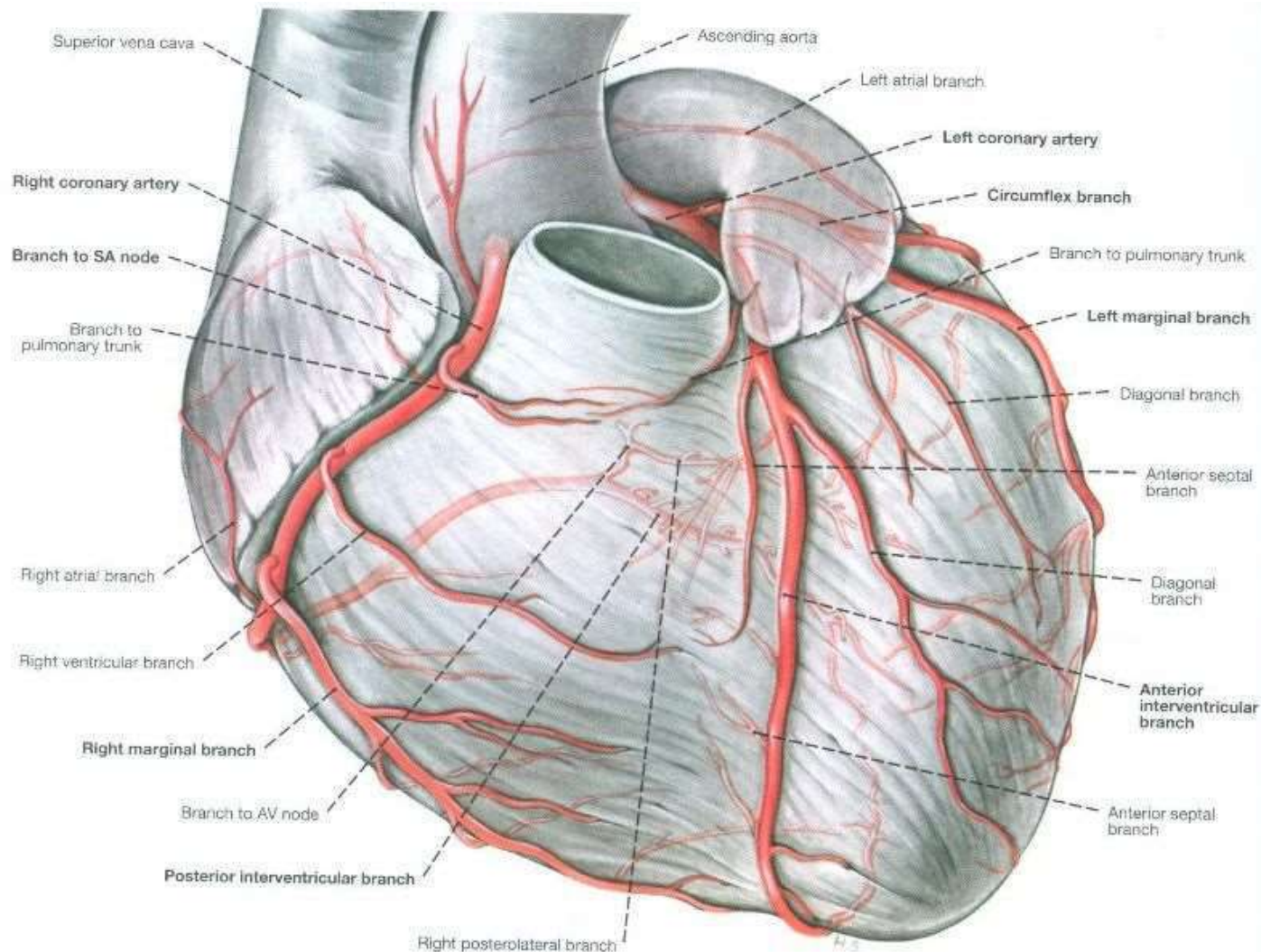
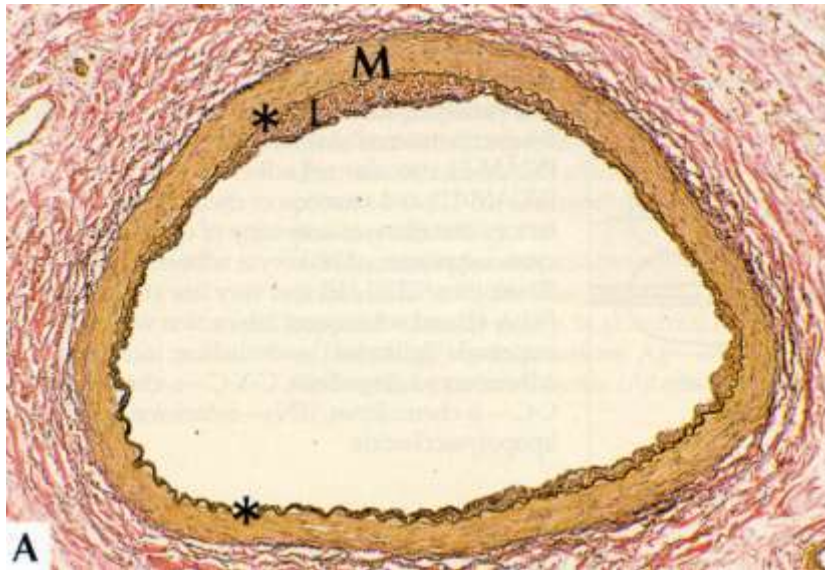


# La maladie coronarienne

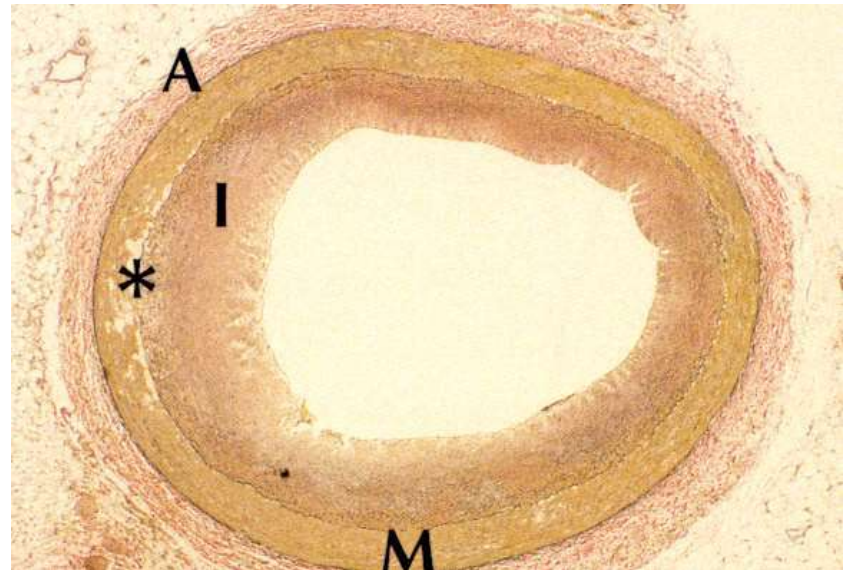


# Les vaisseaux coronaires : Coronaire droite





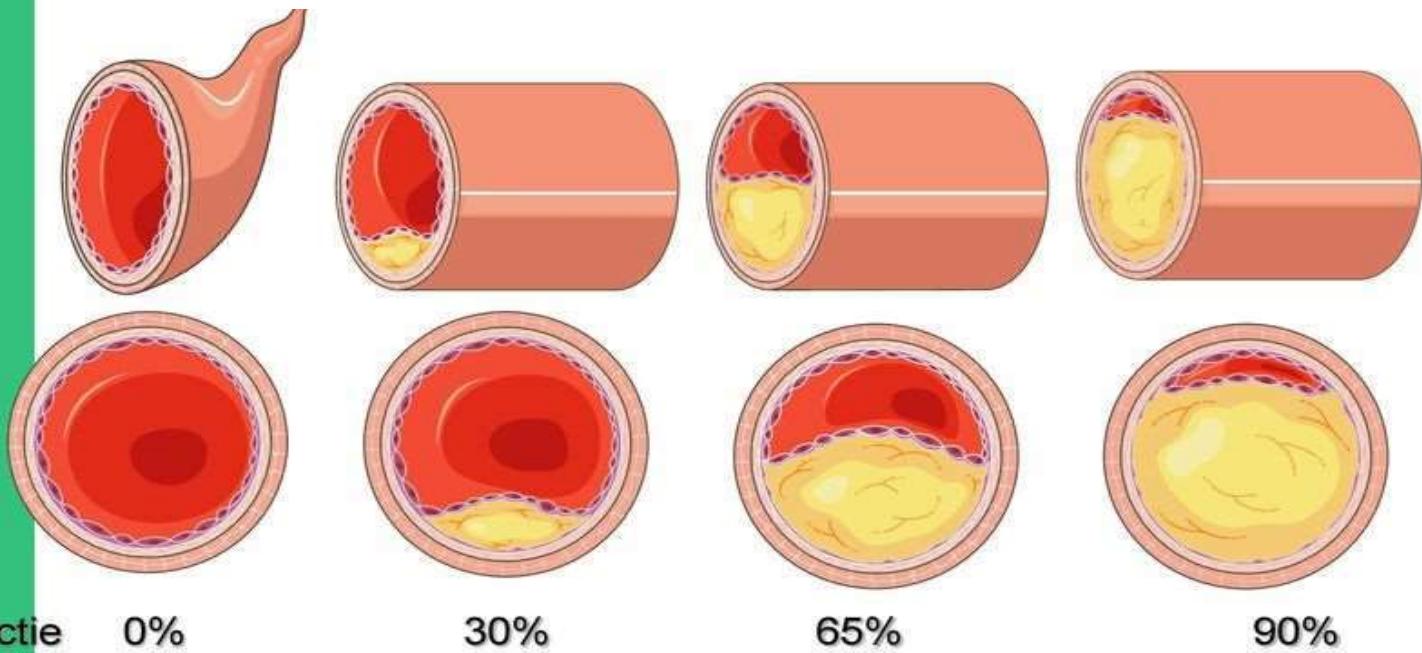
Artère coronaire, fille de 2 ans



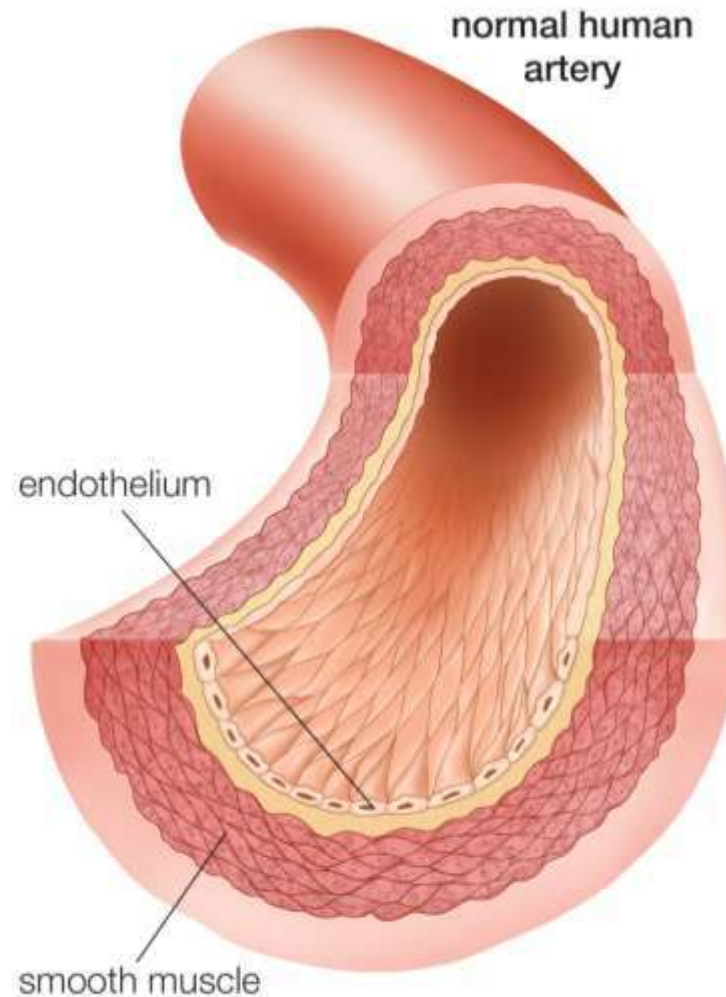
Artère coronaire, homme de 41 ans

**Le rétrécissement des artères est provoqué par les facteurs de risque cardiovasculaire.**

## L'Athérosclérose – „Rétrécissement“ des artères



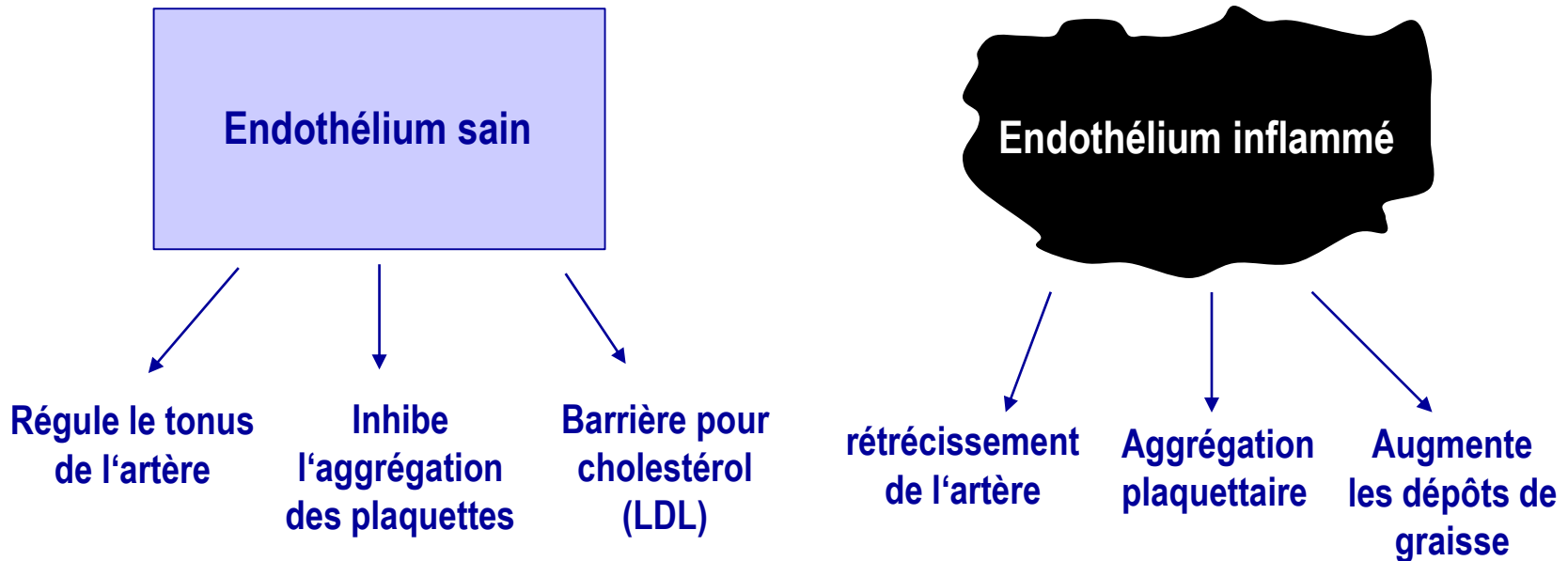
# La maladie coronarienne: bases



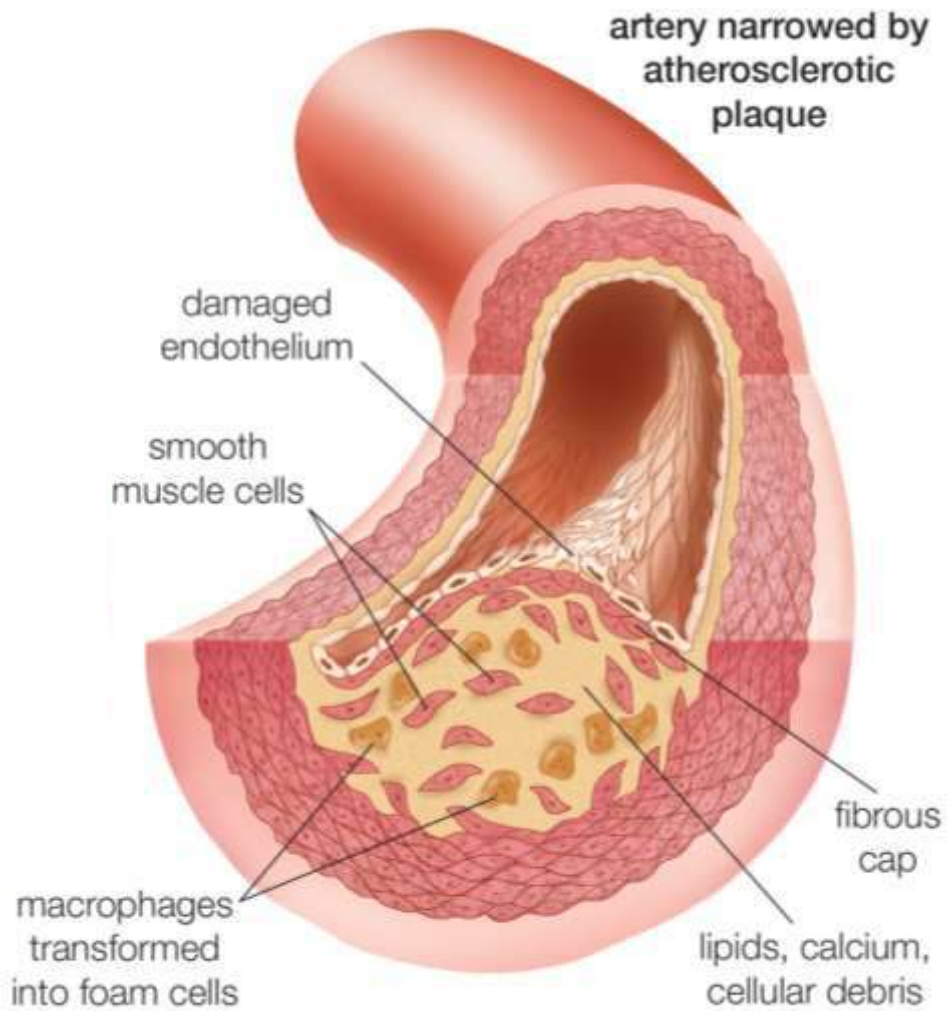
# La maladie coronarienne: dysfonction endothéliale

**Endothélium = paroi intérieure des vaisseaux**

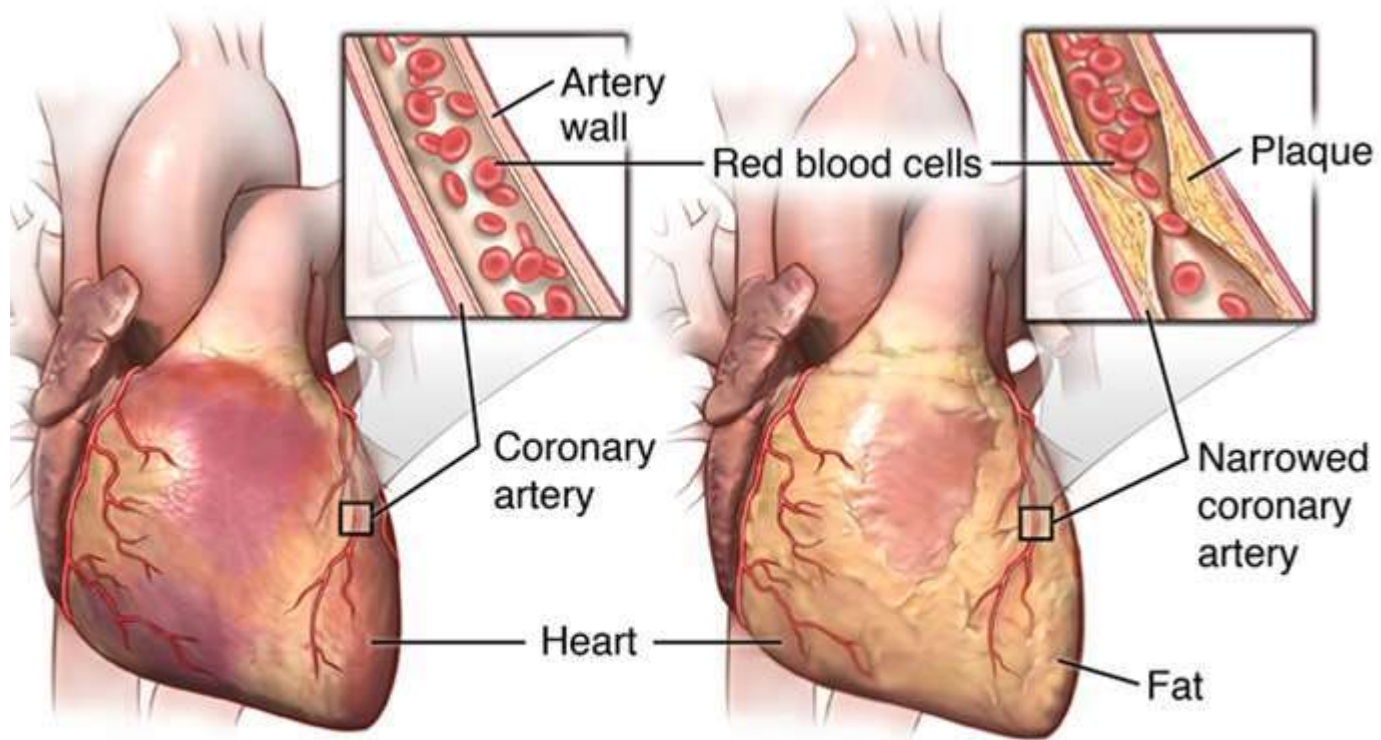
- ❑ surface totale : 6 terrains de tennis
- ❑ fonction: sécrétion de substances vasoactives



# La maladie coronarienne: bases



# La maladie coronarienne: bases



Normal heart and artery

Artery with plaque buildup



## Angine de poitrine

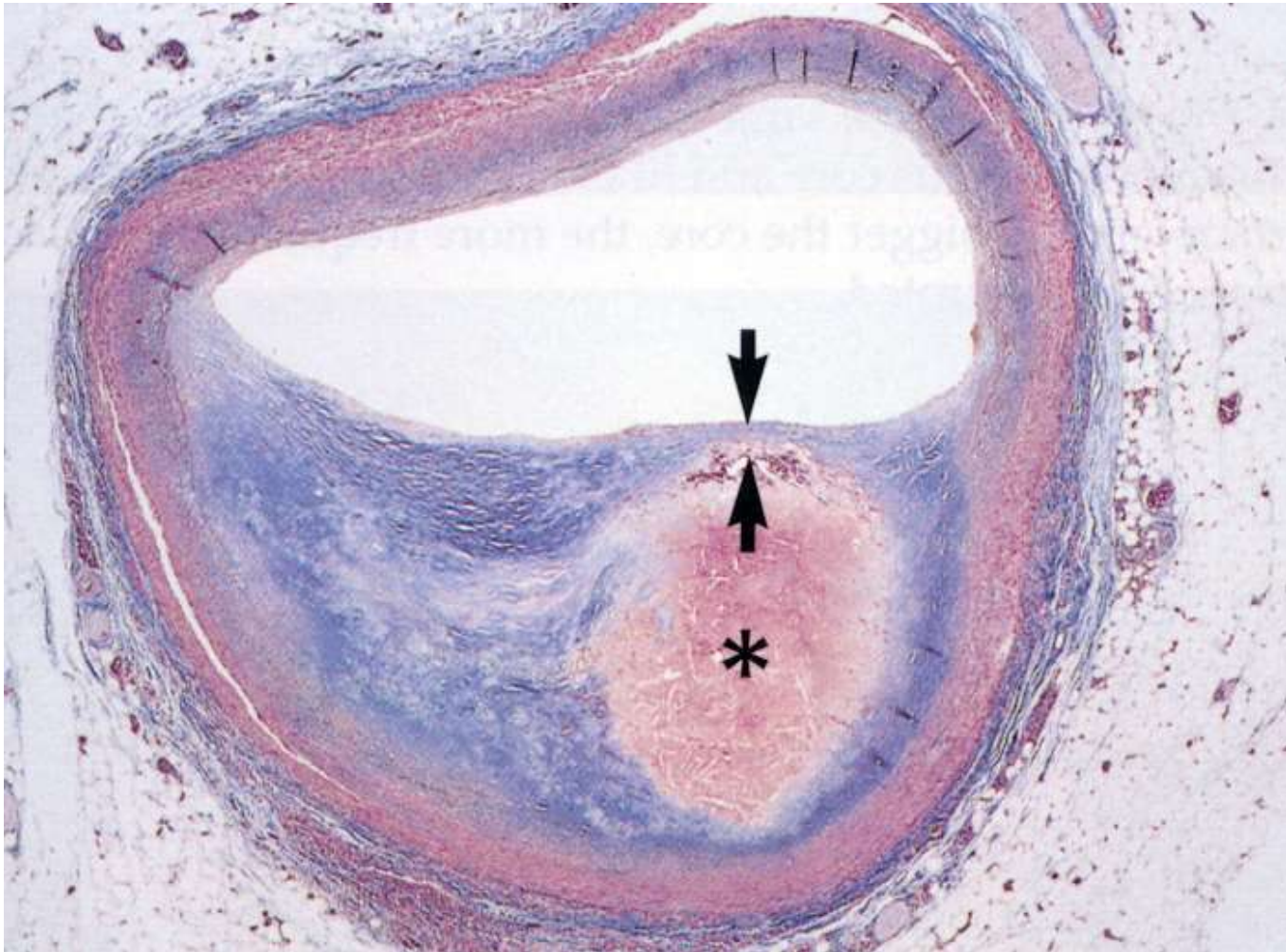
- Oppression thoracique à l'effort
- Amélioration spontanée au repos

Est provoqué par un rétrécissement progressif d'une artère coronaire.

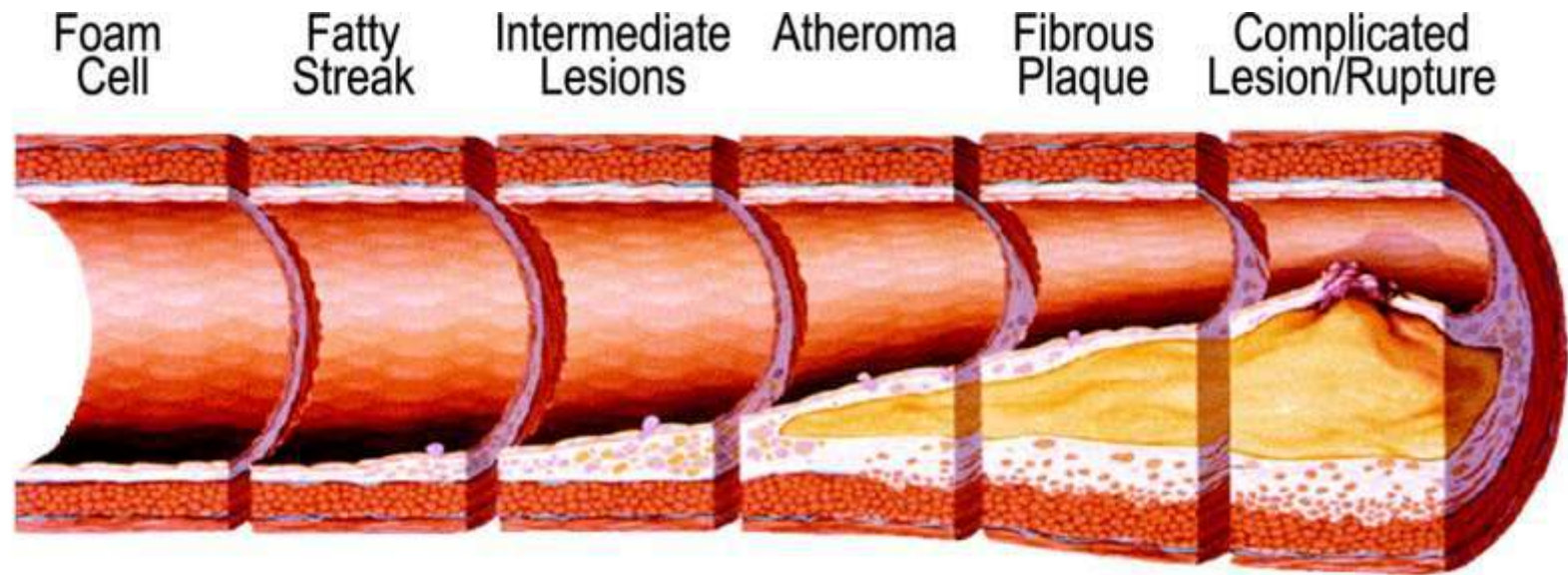
A l'effort, l'offre en «sang» pour le cœur ne répond plus à la demande.



## La plaque est fragile...



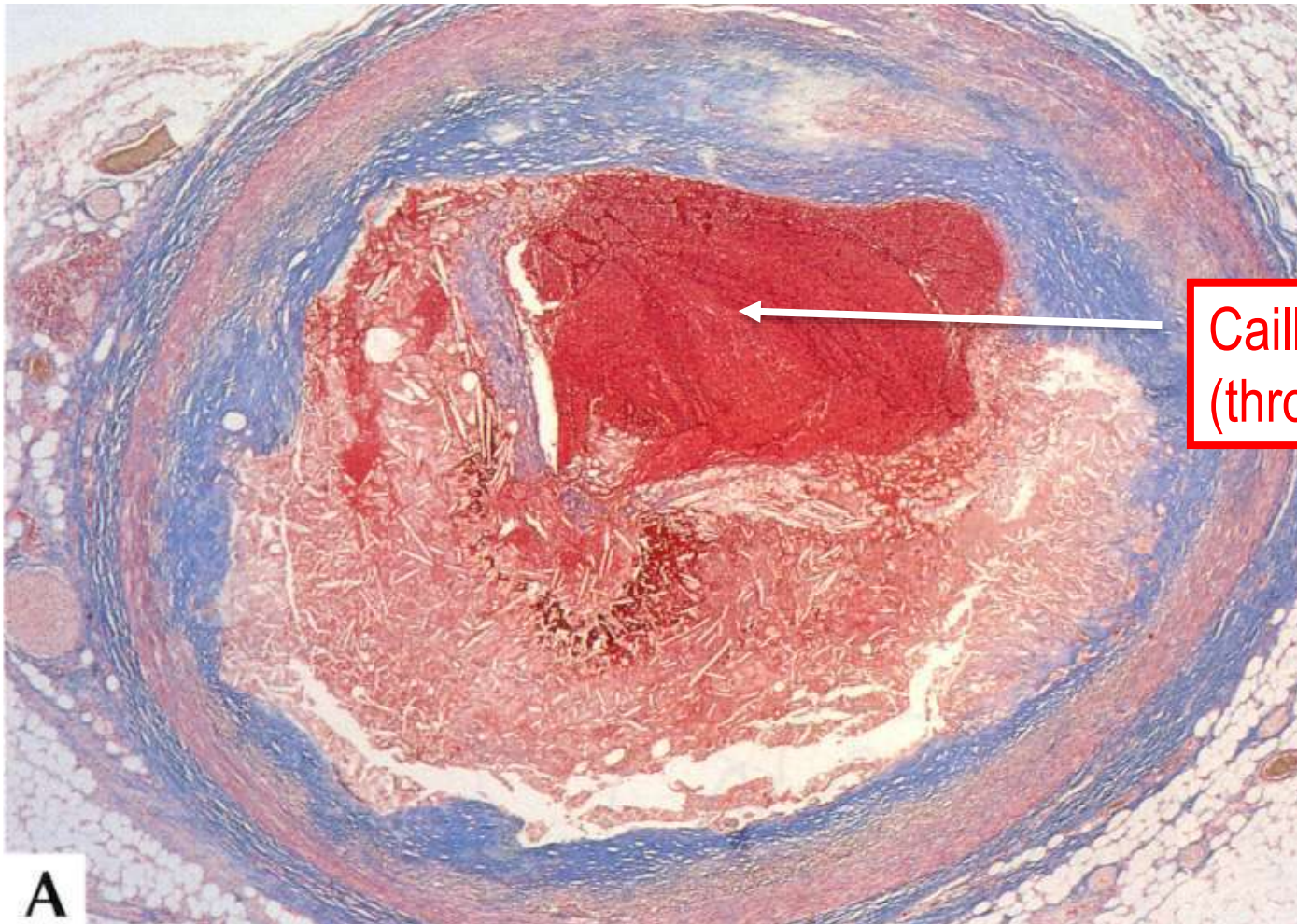
# La maladie coronarienne: bases



Evolution dans le temps

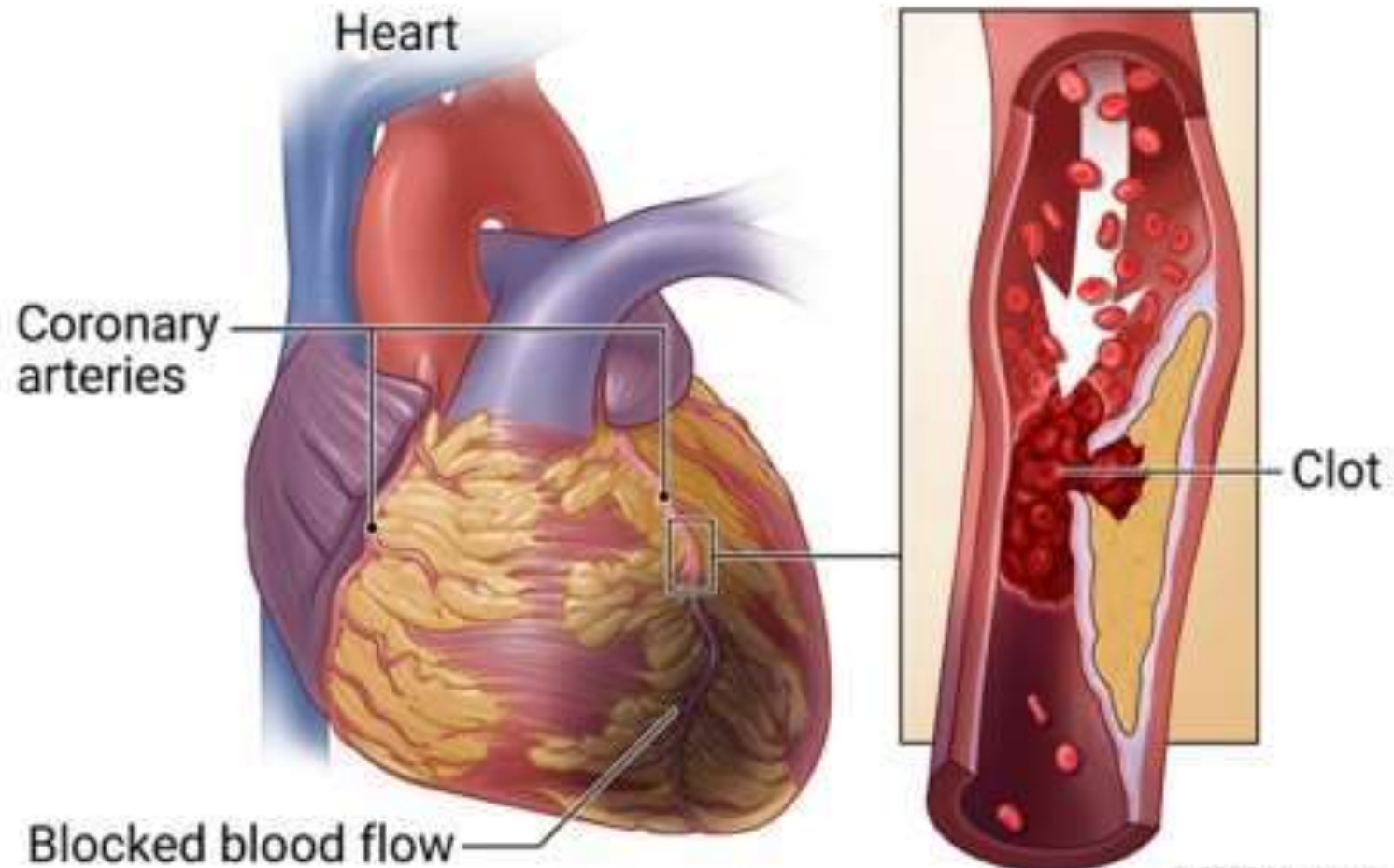


## Rupture de plaque → formation d'un caillot



Caillot  
(thrombus)

# Infarctus / crise cardiaque





## Infarctus / crise cardiaque

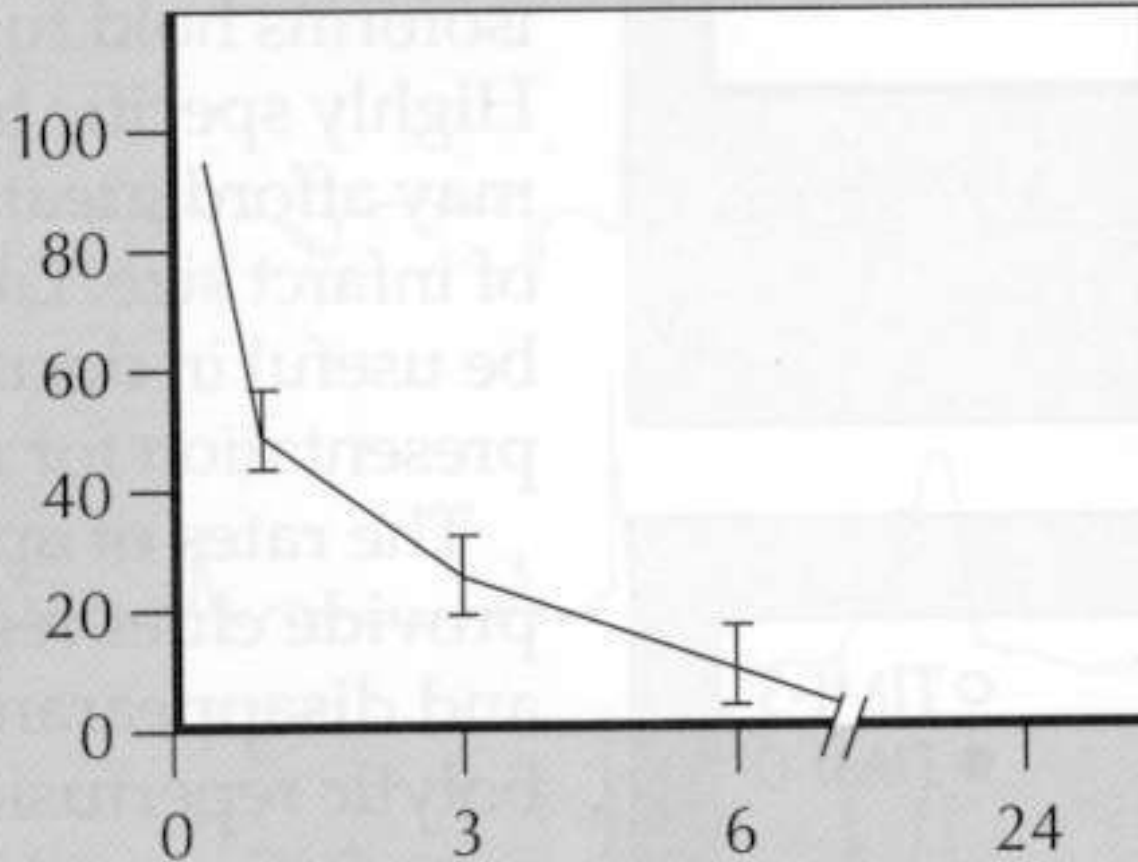
- Oppression thoracique
- Douleurs bras, mâchoire
- Difficultés respiratoires
- Nausées
- Sudations abondantes
- Pâleur, vertiges

## Chaque minute compte





Tissus musculaire viable en %



C

Temps d'occlusion du vaisseau en heures

**Infarctus = première cause d'arrêt cardiaque**



**Qu'est-ce qui prévient le mieux une rupture de plaque ou la progression de la maladie coronarienne ?**



## Substances antiathérosclérotique

- **IEC**
- **Bêtabloquant**
- **Statines**

## Substances antiinflammatoire

- **Flavonoïdes (fruits, légumes)**
- **Statines**
- **Noix**
- **Huiles végétales**



**Réduction des plaques**

**Prévention des ruptures**

## Activité physique régulière

## Réduction de la charge lipidique

- **Augmentation HDL**
- **Diminution LDL**

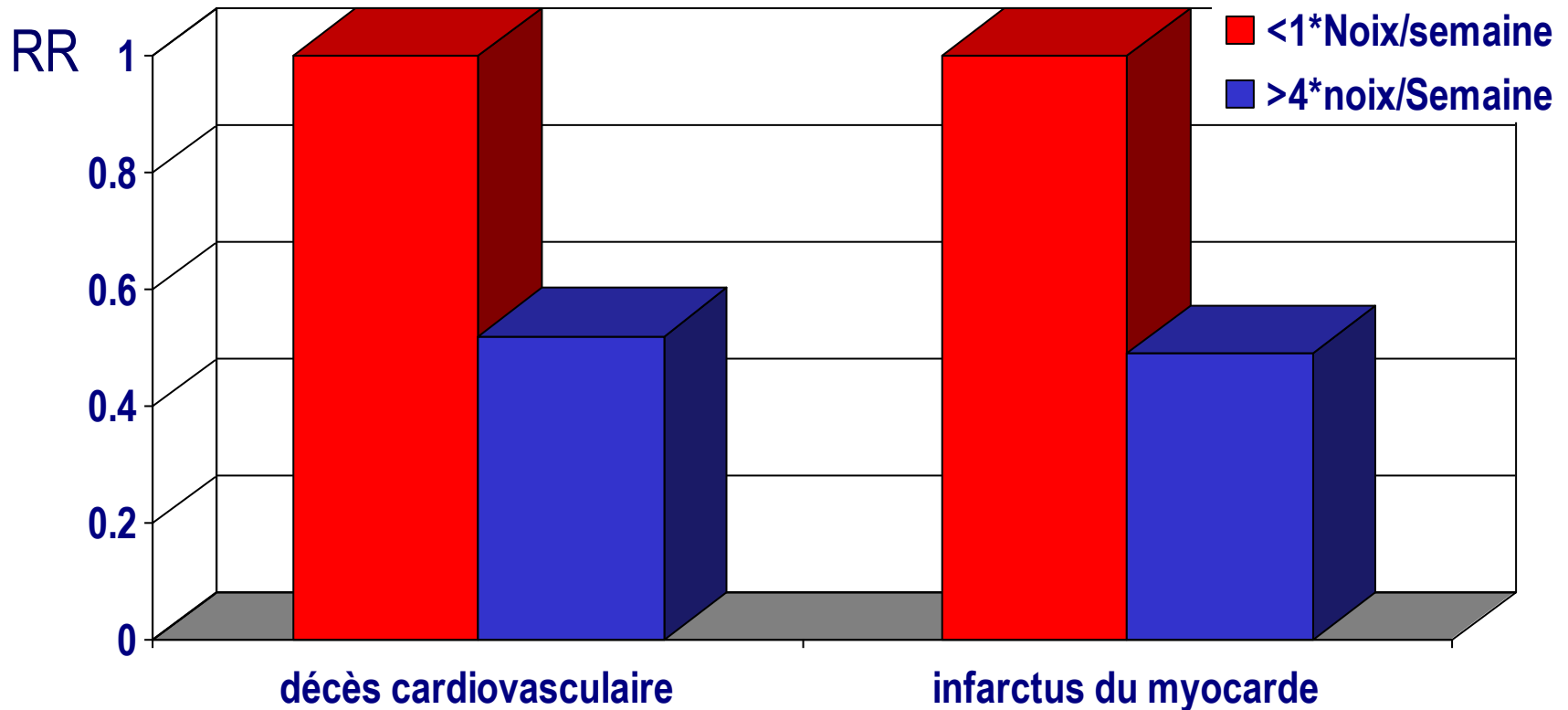
## Contrôle des facteurs de risque

- **Arrêt *impératif* du tabac**
- **Bonnes tensions artérielles**
- **Traitement du diabète**

# La maladie coronarienne: bases

Les noix et la maladie coronaire

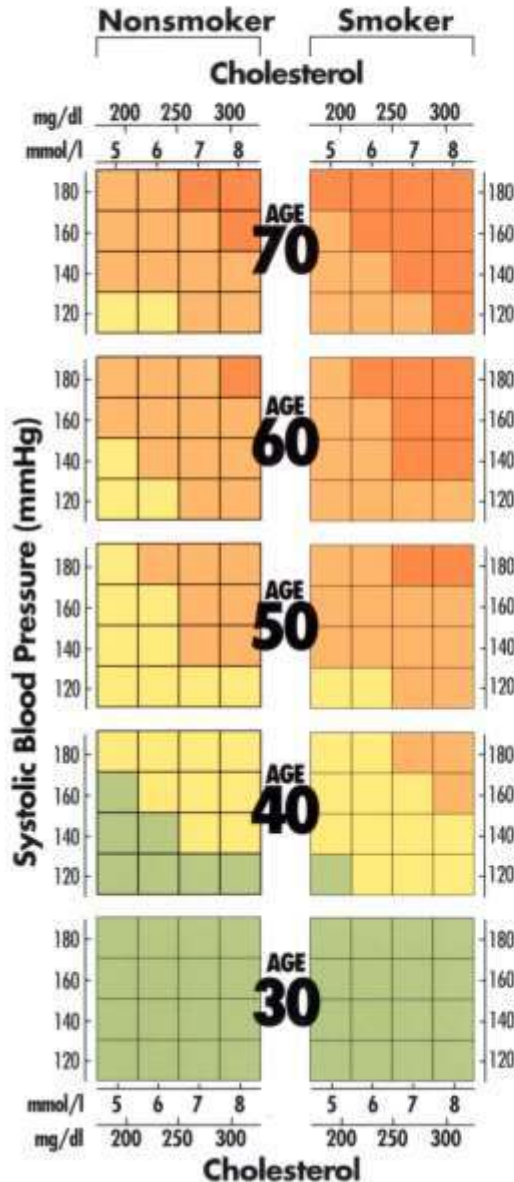
→ Probable effet protecteur (ne pas négliger les autres!)



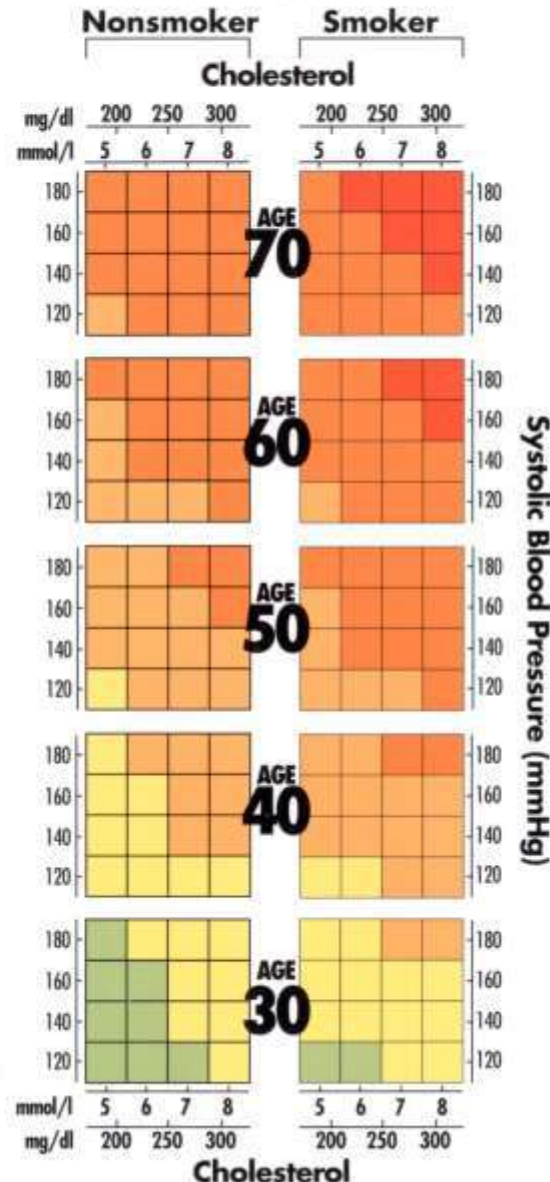
*The Adventist Health Study, Fraser GE et al, Arch Intern Med 1992 Jul;152(7):1416-24.*

# RISK OF CORONARY HEART DISEASE

## Women



## Men



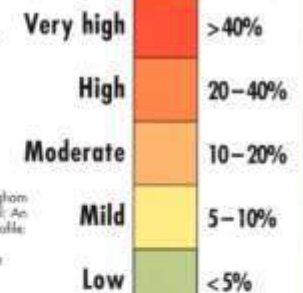
### HOW TO USE THE RISK TABLES

1. To determine a person's absolute 10-year risk of a coronary event (heart attack), identify the table relating to the person's sex, smoking status, and age.
2. Within the table, find the cell nearest to the person's systolic blood pressure (mmHg) and cholesterol.
3. Compare cell colour with key and read the risk level.
4. The effect of lifetime exposure to risk factors can be assessed by following the table upwards with increasing age.

5. **Notice** — For patients with coronary heart disease, the level of risk should be increased by at least one category. People with family history of coronary event at an early age, diabetes, or a family history of hyperlipidaemia are also at increased risk.

#### RISK LEVEL

Percent chance of coronary event in 10 years



Based on a risk function derived from the Framingham Study. Anderson KM et al. An updated coronary risk profile. A statement for health professionals. *Circulation* 83:356-362, 1991.

The table assumes the HDL cholesterol to be 1.0 mmol/l (39 mg/dl) in men and 1.1 mmol/l (43 mg/dl) in women. People with lower levels and/or with triglycerides above 2.3 mmol/l (200 mg/dl) are at higher risk.



EUROPEAN SOCIETY OF CARDIOLOGY

EUROPEAN ATHEROSCLEROSIS SOCIETY



EUROPEAN SOCIETY OF HYPERTENSION

**Prevention of Coronary Heart Disease in Clinical Practice**  
Recommendations to be published in October 1994 in the *European Heart Journal* and *Atherosclerosis*.

# Merci pour votre attention!

