

## **Treatment of Coronary Artery Disease**

### Medications

Medications for preventing and controlling angina (chest pain) are prescribed according to the specific nature of the patient's coronary heart disease and other problems, such as high blood pressure.

#### Nitrates

These drugs relieve angina by dilating the coronary arteries, thus improving the myocardial blood supply. They also reduce myocardial oxygen demand. Nitrates can be administered orally, sublingually, intravenously or transdermally.

#### Beta-blockers

These drugs are particularly effective in preventing exertional angina and reducing the workload on the heart by lowering the effect of norepinephrine. They reduce the chance of death rate of coronary heart disease, and help to prevent recurrence of heart attack.

#### Calcium-channel Blockers

This medication can lower blood pressure, reduce the workload of the heart, and thus lower oxygen consumption.

#### Anti-platelet Agents

This type of medication includes aspirin, clopidogrel. They reduce the risk of thrombus formation in the coronary artery and thus coronary artery occlusion. All patients with coronary artery disease should take anti-platelet agent unless contra-indicated.

#### Other Medications

These include angiotensin converting enzyme inhibitors, angiotensin receptor blockers, metabolic agents like trimetazidine, and drugs for treating related risk factors (lipid-lowering, anti-diabetic and anti-hypertensive agents).