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## Jefferson Cardiology Association Happenings

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### **Treatment of High Blood Pressure in Coronary Patients**

A new scientific statement was released jointly by the American Heart Association, American College of Cardiology and American Society of Hypertension. This statement was recently published.

In this group of patients, it was recommended that persons over age 80 should have blood pressure lowered below 150/90 mm mercury. In other patients with coronary disease or heart failure the goal should be to keep blood pressure under 140/90. In persons with coronary artery disease and recent heart attack, stroke, mini stroke, abdominal aortic aneurysm or peripheral artery disease, blood pressure may be kept under 130/80 in selected patients who are younger, can tolerate lower blood pressure and are at increased stroke risk.

Patients with coronary artery disease and high blood pressure should be on a beta blocker such as metoprolol. Patients with hypertension and weakened heart muscle, diabetes and chronic kidney disease should be on an ACE inhibitor such as lisinopril or an ARB agent such as Avapro. Some of these patients may benefit from a diuretic. Persons with an acute coronary event should be on a short acting beta blocker such as metoprolol or bisoprolol.

In persons with hypertension and heart failure with weakened heart muscle, drugs such as diltiazem, verapamil, clonidine and hydralazine without a nitrate should be avoided. As hydralazine may provoke angina, this drug should

not be used without simultaneous nitrates in coronary patients.

Calcium channel blockers can be used for blood pressure and anginal control excluding diltiazem and verapamil in those with weakened heart muscle. Diltiazem and verapamil may be substituted for both beta blockers in beta blocker intolerant patients with normal heart muscle. Aldosterone antagonists such as aldactone may be used in resistant hypertension or in patients with weakened heart muscle. A recommendation was made that all patients with coronary disease and hypertension receive a beta blocker, ACE inhibitor or ARB blocker and a thiazide diuretic.

Non drug therapy also plays a role. Sodium restriction and exercise training have a proven role. Cigarette cessation and management of diabetes, obesity and elevated cholesterol also play a role in reducing complications.

### **Diet As Treatment for Cardiovascular Disease**

Several studies have shown that the Mediterranean diet reduces cardiovascular events. A recent study in Athens demonstrated that those persons following a Mediterranean diet were 47% less likely to develop cardiovascular disease than those not following this diet.

A Spanish study showed that those following the Mediterranean diet had up to a 30% reduction in cardiovascular death, heart attack or stroke. A French randomized study showed that those on the Mediterranean diet had a 50-70% reduction in cardiovascular mortality.

Questions have been raised about the additional cost of a healthy diet. A Harvard study based on 27 studies from 10 countries estimated an additional cost of \$1.50 per day per person for a healthy diet. Another study compared the cost of swapping snack foods for fruits and vegetables and found that swapping is cost neutral.

Other plant based diets were found to be beneficial. These included vegetarian, vegan as well as other diets excluding red meats. There is evidence to suggest benefit of these other diets.

These are major recommendations of Mediterranean diet. Use olive oil for main source of added fat. Eat plenty of fruits, vegetables, legumes and nuts. Olives, nuts, dairy product are encouraged. White meat and seafood are limited to 2 servings weekly while red meat is reduced to less than 2 serving s per week. Processed meat are discour- aged and sweets are minimized to less than 2 servings per week.

### ***Cool Tomato Pasta Salad***

1 cup dried multigrain penne	2 fresh ears of corn
2 cups shredded cooked beef	1 cup cherry tomatoes, halved
¼ cup shredded fresh basil	3 tbsp white wine vinegar
2 tbsp finely shredded Parmesan cheese	2 tbsp olive oil
1 clove garlic, minced	

1. Cook dried pasta according to package directions. Drain pasta. Rinse in cold water and drain again. Meanwhile, cut the corn kernels off the cobs.
2. In a large bowl, combine pasta, corn, beef, tomatoes, ¼ cup shredded basil, and 2 tablespoons Parmesan cheese; set aside.
3. In a screw-top jar, combine vinegar, olive oil, garlic, ¼ teaspoon salt, and 1/8 tea- spoon black pepper. Cover and shake well. Pour over pasta mixture; toss gently to coat. Serve immediately. If desired, garnish with addition basil and/or Parmesan cheese.

Nutritional Facts: Calories 353; Fat 13g (3 g sat. fat); Cholesterol 48mg; Sodium 241mg; Fiber 4g; Protein 32g.

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