

Galentine's
Day Forum

Capital Health –
Hopewell

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Agenda

- Cardiology Stats
- Risk Factors
- Defining Heart Disease

Cardiology Stats

- Every 34 seconds, someone dies from cardiovascular disease
- That equates to about 2,500 deaths/day
- In 2022, there were 940,000 CV deaths, more than all cancers and accidental deaths combined
- \$418 billion dollars spent annually on direct and indirect costs

Risk Factors

- Hyperlipidemia – 27 %
- Diabetes – 57%; 11% have diabetes, 46% have prediabetes
- Hypertension – 47% of US adults
- Smoking – 12 %
- Family history of premature CV disease
- Obesity – 42% have a BMI over 30
- Physical Inactivity – 24%
- LP (a)

CAD

- Why/how does plaque form?
- What is angina?
- What is an MI?

Microvascular Angina

- What is it
- Who gets it
- Diagnosing it
- Treating it

Microvascular Angina

- INOCA – ischemia with no obstructive coronary artery disease
- It is due to coronary microvascular dysfunction
 - Micro vessels are those too small to be seen.
 - They run from the main arteries on the surface of the heart, down through the heart muscle, and finish at the capillaries that supply oxygen to each muscle cell
- More common in:
 - Middle aged women
 - Diabetes and smoking
 - Anxiety disorders

Microvascular Angina

- The abnormal function can two forms:
 - Either the vessels don't dilate appropriately to meet local demand, or
 - There is excessive vasoconstriction from hypersensitivity to vasoconstrictor stimuli
- Possible triggers:
 - Anxiety
 - Hormonal imbalance
 - Viral illness
 - Inflammation
 - Autonomic dysfunction

Microvascular Angina

- Secondary Causes
 - Hypertension
 - Aortic Stenosis
 - Hypertrophic Cardiomyopathy
 - Amyloid
 - Rheumatologic diseases
 - Enhanced pain sensitivity

Microvascular Angina - Diagnosis

- Chest pain may be rest or exertional
- Stress test may be abnormal or normal
- Cath shows non-obstructive disease
- Abnormal coronary flow reserve

Microvascular Angina - Treatment

- Usual angina meds: nitrates, beta-blockers, calcium-channel blockers, ranolazine
- Statins
- ACE/ARB's