

## Health Talkshow

# Coronary Artery Disease : Myth vs Fact

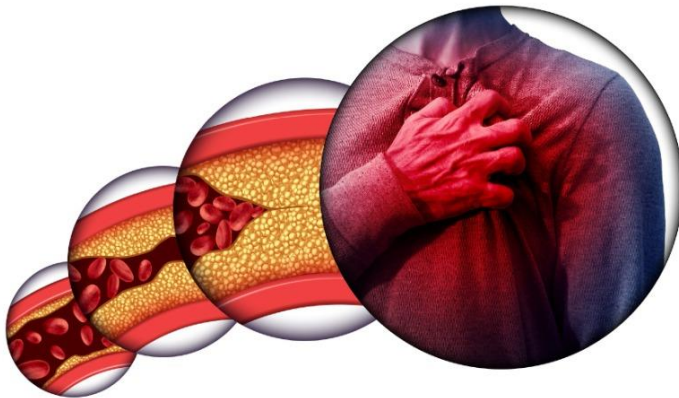
Selasa, **28 Februari 2023** | Pukul **15.00 WIB** – Selesai  
Bertempat di **PT. Ispat Indo Sidoarjo**



Narasumber

**dr. Deo Idarto, M. Biomed,  
Sp.JP(K)**

Dokter Spesialis Jantung dan Pembuluh Darah  
Konsultan Jantung Intervensi  
Mayapada Hospital Surabaya



# Let's tackle Heart Disease Together



## Curriculum Vitae

- Name: Deo Idarto , MD,M.Biomed,FIHA(K)
- Birth : November 1986
- Academic Credibility :
  - Airlangga University School of Medicine , 2004-2010
  - Internship in *Cardiologia Divisione, Università' di Sassari , Italia 2007*
  - Cardiology and Vascular Medicine specialist Sanglah General Hospital / Udayana University
  - Biomedic Magister: Udayana University



## Curriculum Vitae

- **Academic Credibility :**
  - **Acute Cardiovascular Care Subspecialist :** National Cardiovascular Harapan Kita
  - **Interventional Cardiology Subspecialist:** National Cardiovascular Harapan Kita
- **Workplace:**
  - Mayapada Hospital Surabaya
  - Soewandhie General Hospital
  - Medical Faculty of Ciputra University







## Tim Dokter Cardiovascular

MAYAPADA HOSPITAL SURABAYA



**dr. Anindita Primiri Qodrina,**  
**Sp.JP, FIHA**

Spesialis Jantung dan Pembuluh Darah

**Jadwal Praktik:**  
Senin, Kamis, dan Jumat: 10.00-14.00



**dr. Samuel Sudanawidjaja,**  
**Sp.JP, FIHA, FSCAI**

Spesialis Jantung dan Pembuluh Darah

**Jadwal Praktik:**  
Senin, dan Kamis: 17.00-19.00



**dr. Jeffrey D. Adipranoto,**  
**Sp.JP(K), FIHA, FESC, FSCAI**

Spesialis Jantung dan Pembuluh Darah

**Jadwal Praktik:**  
Sabtu: 08.00 - 10.00



**dr. Liem Audi Natalino,**  
**Sp.JP, FIHA**

Spesialis Jantung dan Pembuluh Darah

**Jadwal Praktik:**  
Selasa, dan Rabu: 08.00-12.00  
Jumat: 08.00 - 10.00



**dr. Rerdin Julario, Sp.JP(K)**

Spesialis Jantung dan Pembuluh Darah

**Jadwal Praktik:**  
Senin: 15.00 - 17.00  
Rabu, dan Jumat: 18.00 - 20.00



**dr. Saskia Dyah Handari, Sp.JP(K),**  
**FESC, FASCC, FASE**

Spesialis Jantung dan Pembuluh Darah

**Jadwal Praktik:**  
Senin & Kamis: 09.00 - 10.00  
Selasa: 17.00 - 20.00  
Rabu & Jumat: 17.00 - 18.00



**dr. Deo Idarto, M. Biomed,**  
**Sp.JP(K)**

Spesialis Jantung dan Pembuluh Darah

**Jadwal Praktik:**  
Senin & Jumat: 17.00 - 18.00

FOR BOOKING & APPOINTMENT

**0857 9921 7777**

**Call Center 150770**

@MayapadaHospital
 Mayapada Hospital
 Mayapada Hospital
 mayapadahospital.com

# Myth Number 1

HEART ATTACK = CARDIAC ARREST

Is this Appropriate??





# Heart Attack vs Sudden Death?



Marc Vivien Foe



Miklos Feher



# Died During The Football Match



Marc Vivien Foe



Miklos Feher





Cheick Tiote

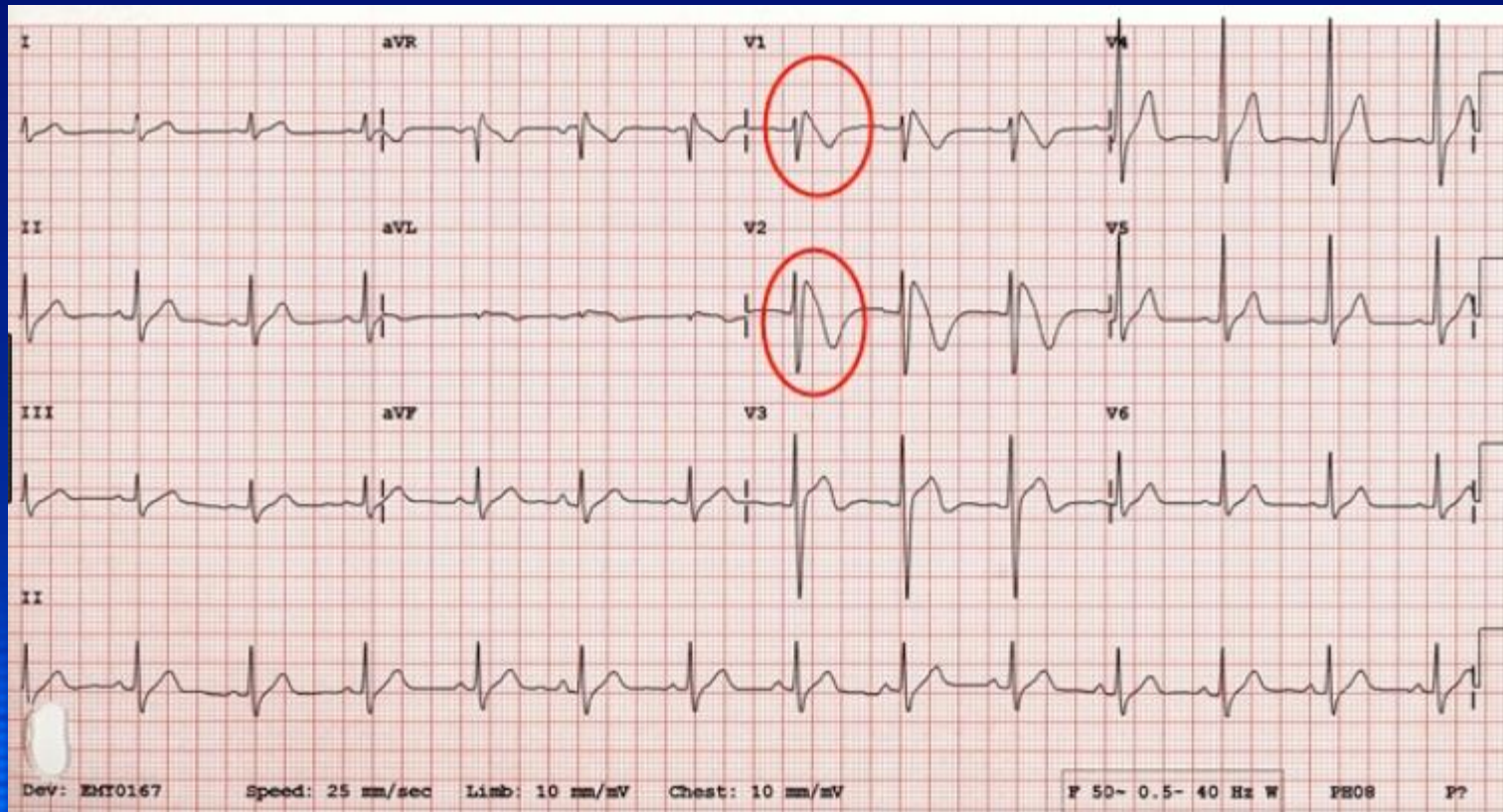


Daley Blind



# Spekulasi

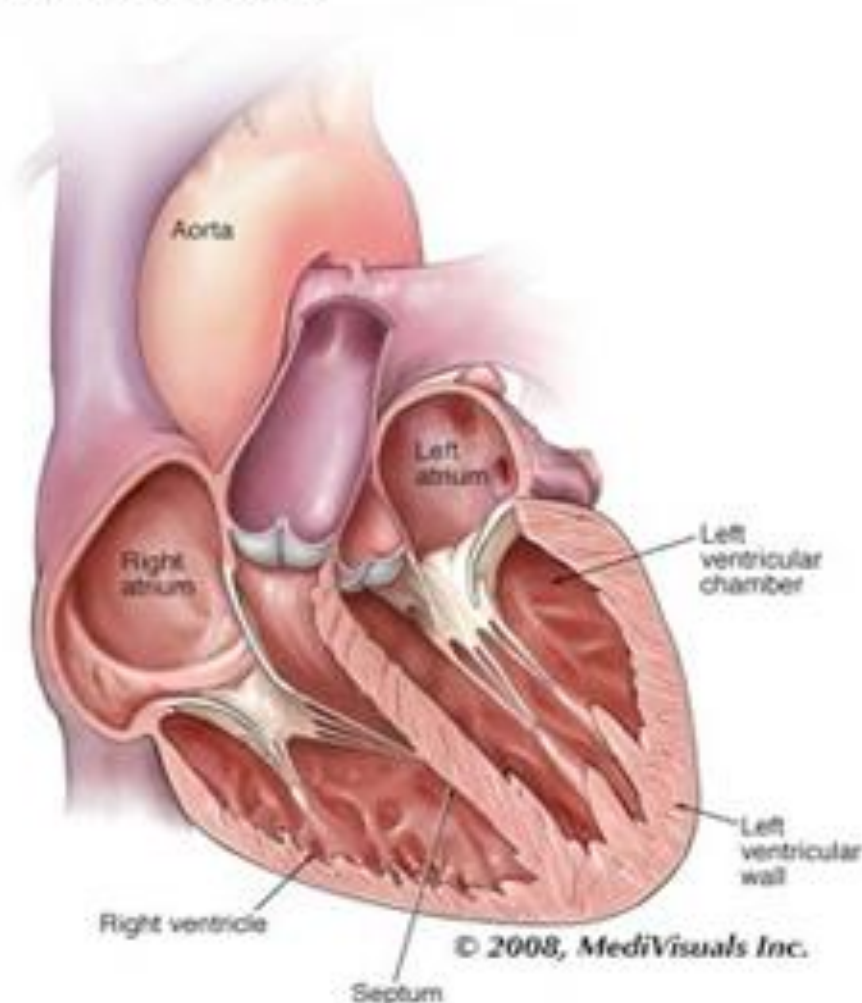
- Apakah mereka meninggal karena serangan jantung?
  - Di usia muda?
  - Pada atlet?
  - Pola makan terjaga dan teratur?
  - Jantung bekerja terlalu berat?



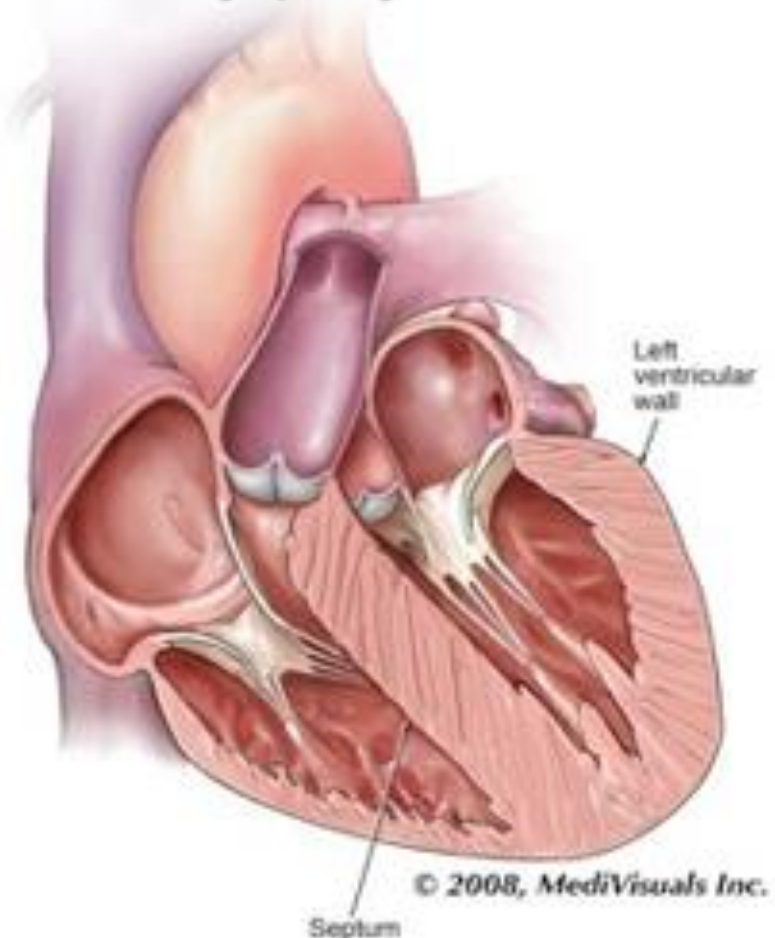


# Hypertrophy Obstructive Cardiomyopathy ( HCOM )

Normal Heart

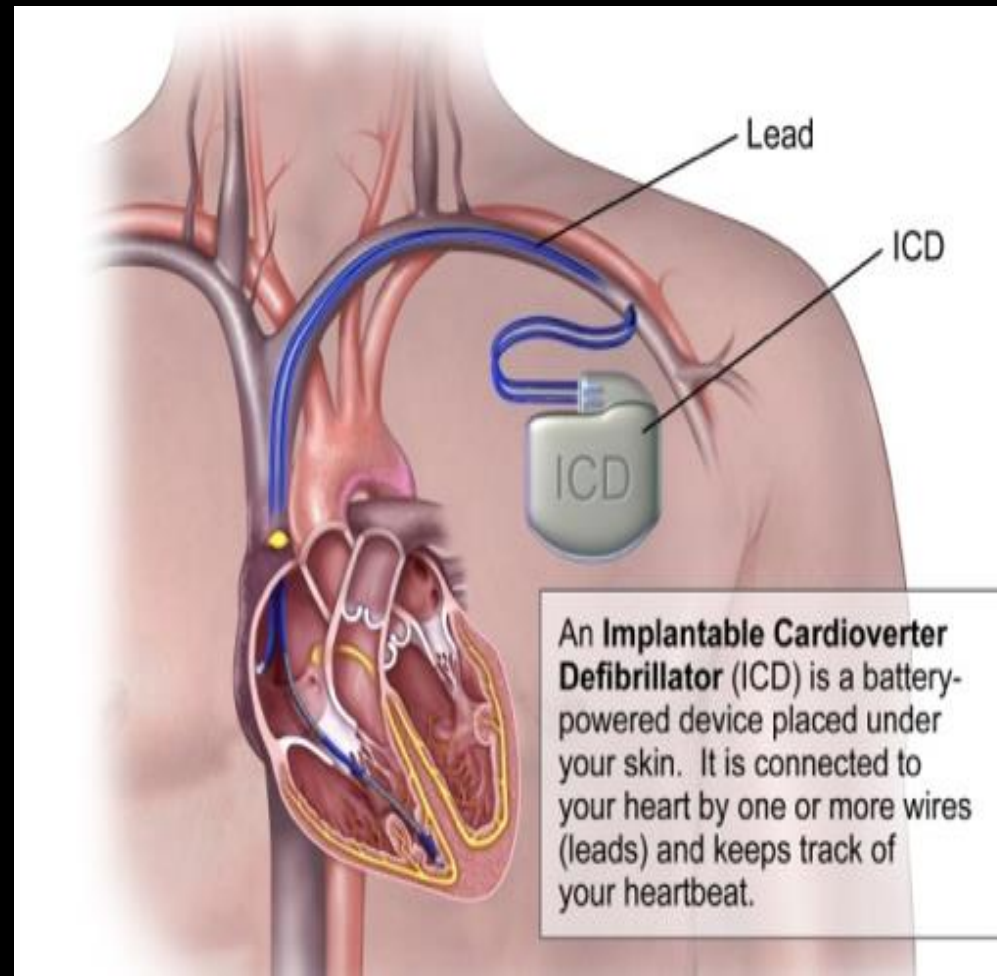


Hypertrophic  
Cardiomyopathy



# Hypertrophy Obstructive Cardiomyopathy ( HCOM )

- Management →  
Mencegah kematian  
mendadak dengan  
ICD\*

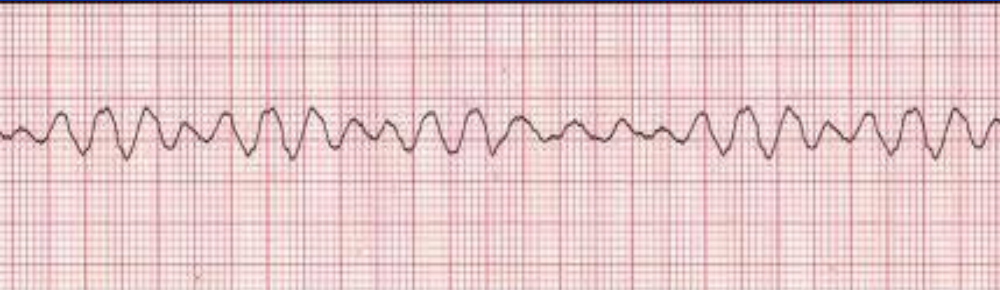
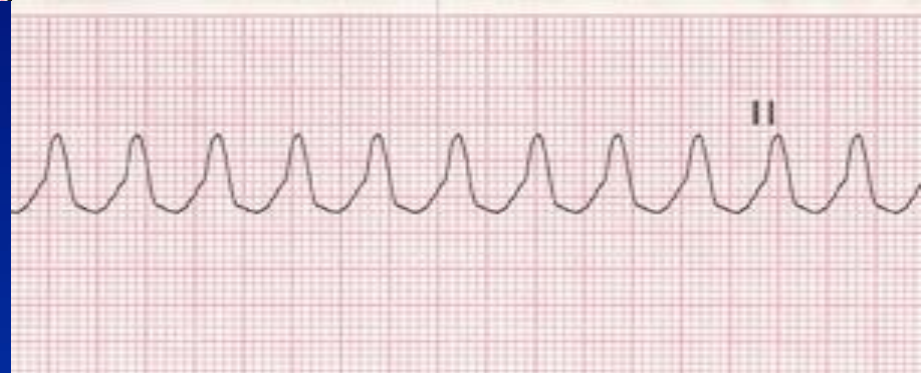






← 1. Irama  
Sinus

2. Ventrikuler  
Takikardi (VT)→



← 3. Ventrikuler  
Fibrilasi (VF)



4. Asistole →





Test!!

Adult ID Unknown

ECG III



1 mV

♥ /min



120

50

200



mmHg

SVS  
160  
90

125/8

(101)

SpO<sub>2</sub>



SpO<sub>2</sub> %

100

90

10





## Myth No.1

### Heart Attack

- Blood Flow to cardiac muscle is blocked
- Person is usually conscious and in PAIN
- Breathing

### Cardic Arrest

- When the heart is stop beating
- Person is unconscious
- Not breathing or breathing abnormally
- CPR+ defibrillator if available → call ambulance



## MYTH No. 2

**Gejala Utama Dari Serangan Jantung**  
**Selalu NYERI DADA!**





SUSAH-SUSAH MSUK FINAL TAPI GK DAPET PIALA

← levine's sign,  
angina pectoris



RIGHT IN THE FEELS

SAKITNYA  
ITU  
DISINI !

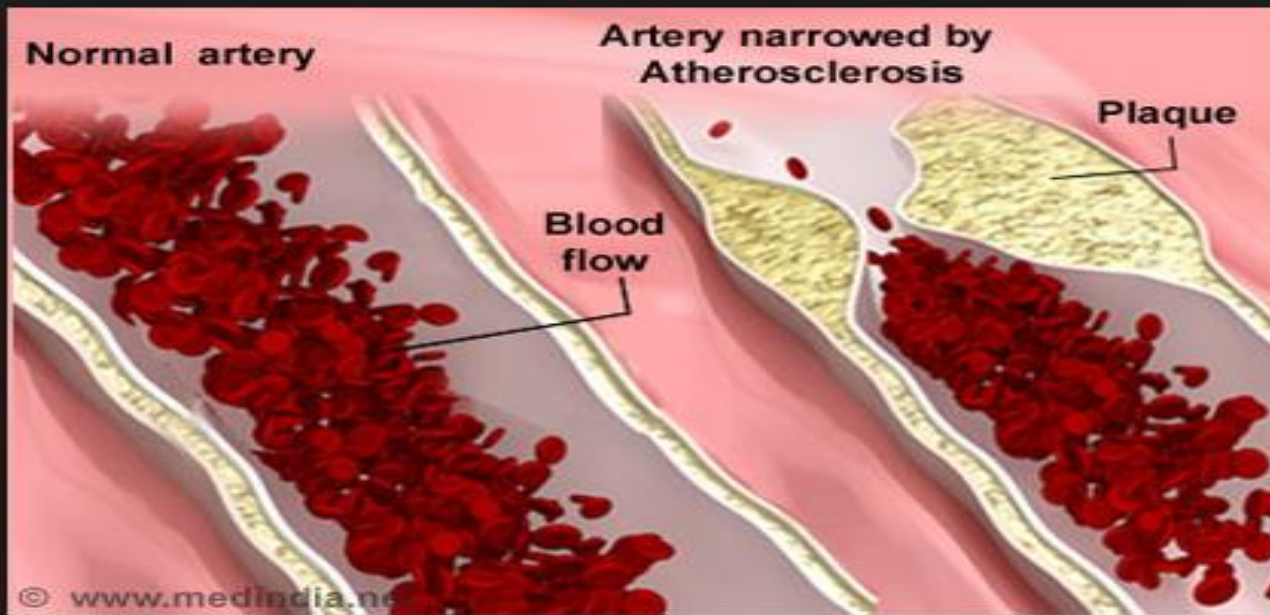
SAKITNYA TUH DISINI

## Symptoms of Angina



Normal artery

Artery narrowed by Atherosclerosis



A

Coronary artery (supplies blood and oxygen to heart muscle)

B

Healthy heart muscle

Blood clot blocks artery

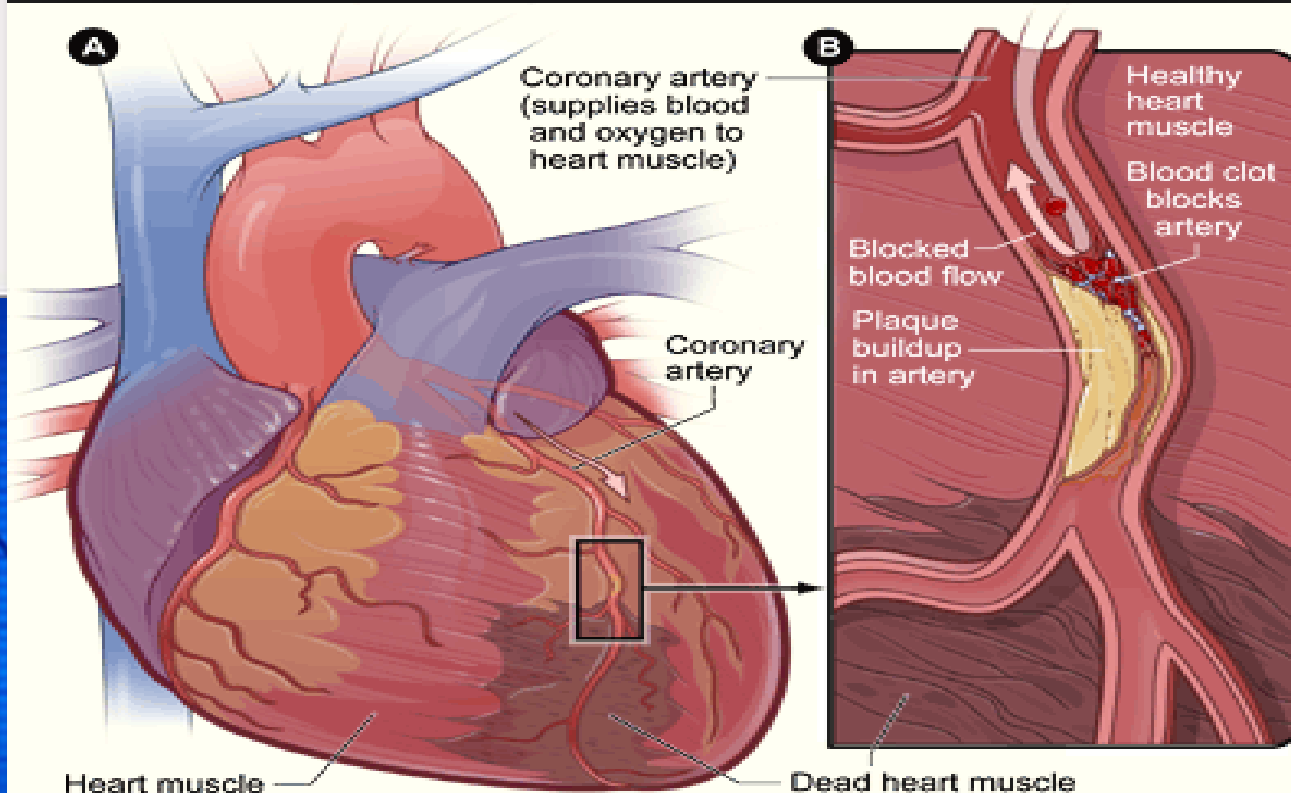
Blocked blood flow

Plaque buildup in artery

Coronary artery

Heart muscle

Dead heart muscle







# Hypertension

- 90 % of cases → primary → unknown
- 10 % of cases → secondary ( diabetes, tumor ginjal, hiperaldosteronisme , dll )
- 1 dari 4 orang mengalami hipertensi





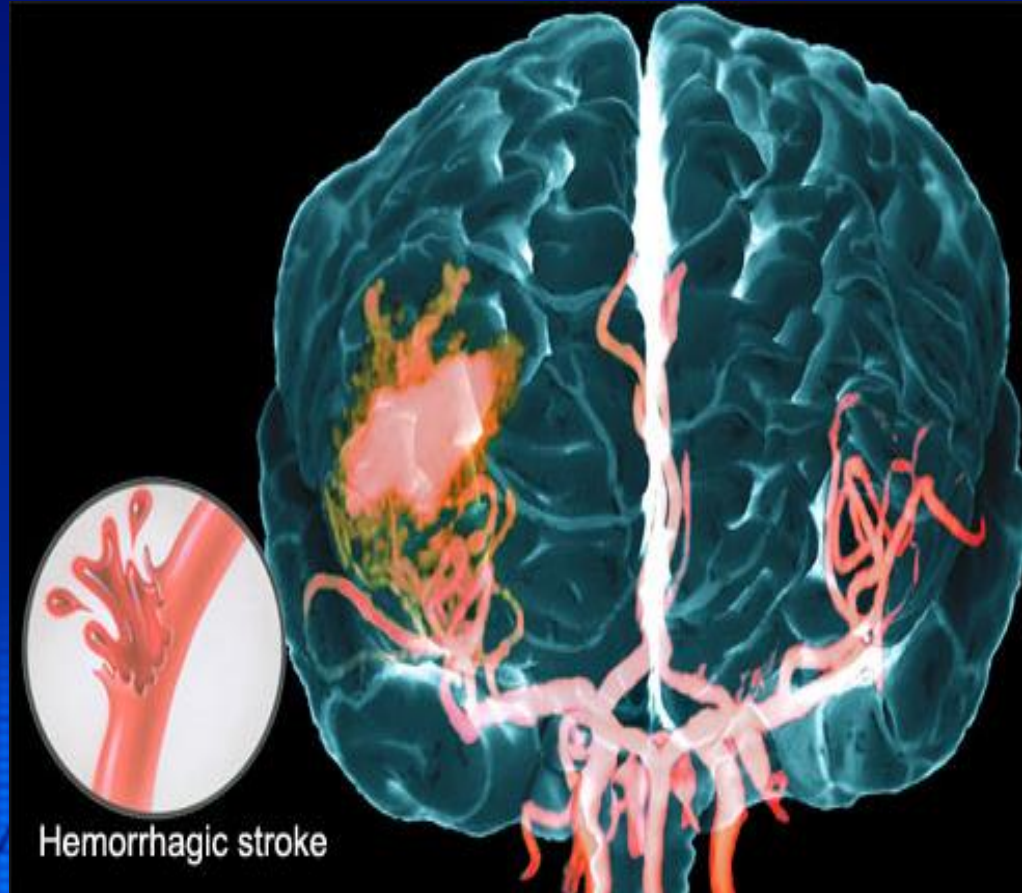
# Hypertension

Category	Systolic Blood Pressure	Diastolic Blood Pressure
Normal	$< 120$	$< 80$
Pre-hypertension	120-139	80-89
Hypertension – Stage 1	140-159	90-99
Hypertension – Stage 2	$\geq 160$	$\geq 100$





# Hypertension The Silent Killer



# Myth No.3

If I take diabetes drug, it will prevent me from heart disease





## Risk Factors!

- Male sex
- Older age
- History of heart disease
- Post-menopause
- Race ( afro-americans, latin )
- Smoking
- High LDL
- Diabetes
- Hypertension
- Kidney disease
- Uncontrolled stress and anger





**SMOKING  
CAUSES MOUTH  
CANCER**



**TONGUE CANCER**

JPS  
Gold

20

**QUITTING  
WILL IMPROVE  
YOUR HEALTH**



Bond Street  
Gold

20

**SMOKING CAUSES  
PERIPHERAL  
VASCULAR DISEASE**



**GANGRENE**

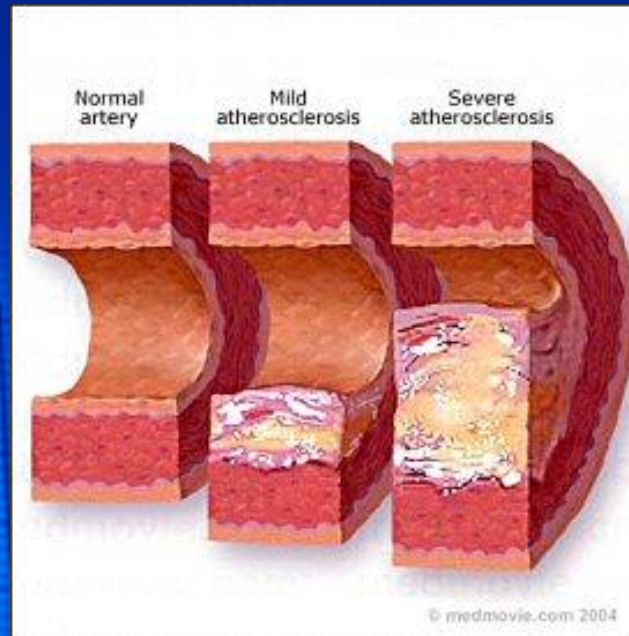
Bond Street  
Gold

20



## LDL vs. HDL

- LDL = “bad”
- Too much can clog arteries by forming plaque
- Atherosclerosis can cause heart attack or stroke







## LDL vs. HDL

- HDL = “good”
- Tends to carry cholesterol away from arteries and back to liver
- May also remove excess cholesterol from plaque in arteries, slows buildup



# Myth No.4

Coronary Stenting or Bypass Surgery FIX your heart





