

# STOP SCAD SAVE A HEART

Spontaneous coronary artery dissection (SCAD) is a tear or split in the artery's lining, which creates a blockage of blood clot or tissue. It is an under-recognized cause of acute coronary syndrome (ACS), heart attack and sudden cardiac arrest.



"I'm young. I've done everything right. How can my heart betray me like this?"

## SCAD BY THE NUMBERS

42<sup>AVG</sup>

Average age of person with SCAD (teens to 60s)

1 to 4%

1-4% of all ACS may be SCAD

20%

20% of SCAD survivors have another SCAD

25%

25% of SCAD patients present with multiple dissections

50%

50% of SCADs cause STEMI heart attacks that damage muscle

25%

25% of women with SCAD are pregnant or recently gave birth



"The doctor says it's rare. My family says get over it. But no one has told me why – why me?"

## IMPROVED OUTCOMES THROUGH DIAGNOSIS

Although each SCAD case is unique, early research shows conservative treatment using medication and monitoring leads to favorable outcomes.

### History

Suspect SCAD if patient has no history of heart disease risk factors, is young, is peripartum, or has plaque-free arteries

### Imaging

New imaging aids accurate diagnosis: Optical Coherence Tomography (OCT) and Intravascular Ultrasound (IVUS) show SCAD

### Healing

Some SCADs heal spontaneously, some with medication alone, while some require stents or bypass surgery

### PCI

Percutaneous coronary intervention (PCI) with stents can cause additional dissection

### Recovery

For optimum physical and emotional recovery, ensure referral to cardiac rehabilitation

### Specialist

Patients should see a SCAD or vascular specialist to assess arterial issues (e.g., fibromuscular dysplasia)



For more information, visit

[www.scadalliance.org/resources](http://www.scadalliance.org/resources)