

SCAD for medics

Below is some information we hope medical professionals treating patients with Spontaneous Coronary Artery Dissection (SCAD) will find useful. Beat SCAD believes it's important that first responders, paramedics, midwives, cardiac rehab nurses, GPs, cardiologists and other medical professionals become more aware of SCAD so fit, healthy people with cardiac symptoms receive the best treatment without delay.

SCAD research

SCAD symptoms can be similar to 'normal' heart attacks, but because the patients are often young, fit and healthy, many have experienced misdiagnosis or delays in diagnosis.

Dr David Adlam is leading the UK SCAD research project at the Leicester Cardiovascular Biomedical Research Unit.

The research is being funded by the British Heart Foundation and the National Institute for Health Research (NIHR) Rare Diseases Translational Research Collaboration.

For more information about SCAD and the research project, see scad.lcbru.le.ac.uk

Information for doctors can be found here: scad.lcbru.le.ac.uk/node/10

A leaflet for clinicians can be downloaded here: bit.ly/1ZgPtOh.

SCAD clinics

Dr Adlam holds SCAD clinics at Glenfield Hospital. He is happy for SCAD patients to be referred to him. Contact him at SCAD@uhl-tr.nhs.uk.

Cardiac rehab & mental health

Returning to normal physical activities is an important part of the physical and psychological recovery from a SCAD heart attack. Cardiac rehabilitation, as part of a programme appropriately adapted to the age and fitness of SCAD survivors, is therefore highly recommended.

Many SCAD patients suffer from PTSD, depression and other mental health issues after their cardiac events. Having quick and easy access to counselling and other mental health support can be invaluable to their recovery.

Patient support

It's important for SCAD patients to have support from other patients. Support is available from Beat SCAD and the closed Facebook group (SCAD – UK Survivors). See further information box.

What is SCAD?

Spontaneous Coronary Artery Dissection

SCAD is a rare heart condition that cannot be predicted or prevented – yet. It affects people with few or none of the normal risk factors for heart disease. A tear or a bruise develops in a coronary artery resulting in a blockage that prevents normal blood flow.

Who gets SCAD?

- ❑ Mainly women
- ❑ SCADs can happen during or soon after pregnancy
- ❑ Menopause, connective tissue disorders, extreme stress and exercise have been associated with SCAD, but the cause remains unknown

Symptoms of SCAD

- ❑ central chest pain
- ❑ arm pain or numbness
- ❑ pain in the jaw, back or shoulders
- ❑ nausea
- ❑ sweating/clamminess
- ❑ breathing difficulties

Patients experience:

- ❑ misdiagnosis
- ❑ delayed diagnosis
- ❑ lack of information
- ❑ isolation
- ❑ stress and anxiety
- ❑ depression and grief

Further information

Leicester Cardiovascular Biomedical Research Unit (UK SCAD research)
scad.lcbru.le.ac.uk

Mayo Clinic SCAD research
mayocl.in/21BZrta

Research paper: What clinicians should know about treating SCAD
mayocl.in/1DI2hGX

Useful list of other papers
scadalliance.org/publications

British Heart Foundation
bit.ly/1LaOgys
bit.ly/1T345Aj

Beat SCAD
beatscad.org.uk
facebook.com/beatscaduk
Youtube: bit.ly/1TXhiLV

SCAD – UK Survivors
(Facebook group for SCAD patients)
bit.ly/1Mizg9a

SCAD Family and Friends Support Group
(Facebook group)
bit.ly/1TMQDwc