

Diagnosed with 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.

Why me?

If you've been diagnosed with SCAD you may feel isolated, scared and confused. You are likely to have many questions about SCAD, starting with 'why has this happened to me?' Other questions will include treatments, medication, exercise, cardiac rehab, psychological issues and more.

Beat SCAD is here to help! Some questions cannot be answered yet, which is why current research is so important, but Beat SCAD aims to provide you with the current information and essential support.

Understanding SCAD

You can find information about SCAD on the Beat SCAD and Leicester Cardiovascular Biomedical Research Unit's websites (see further information).

Dr David Adlam, who is leading the UK research project, provides some insights into SCAD in this video: bit.ly/1UfTYB.

Getting support

Recovering from any traumatic event can be hard, but as a rare disease patient you may find you know more about the condition than the medical professionals treating you. Awareness of SCAD is increasing, but patients have different experiences so it's important to find the best support.

Peer support

Talking to other SCAD patients can help lessen the feelings of isolation, provide support from people who have 'been there', and suggestions for how to deal with the feelings and emotions that come with being diagnosed with a rare condition.

Beat SCAD's annual conferences and walks provide opportunities to meet and talk with other survivors face to face. At the 2015 conference, Sally Bee, who had a SCAD more than 10 years ago, offered some advice for newly diagnosed patients. Watch the video here: bit.ly/1PkGdkQ.



You are not alone!

There are others who have had SCAD events. Pictured are more than 40 SCAD patients who attended Beat SCAD's 2015 annual conference

Professional support

SCAD patients can suffer from Post-Traumatic Stress Disorder (PTSD), depression or other mental health issues. It's important to seek professional help early from your GP or cardiologist.

Treatments and medication

Depending on the severity of the SCAD event and heart damage, treatments and medication can vary but may include:

- ❑ Conservative management with medication such as aspirin, statins, blood pressure pills and beta blockers. This is the preferred treatment where possible.
- ❑ Surgical intervention, such as inserting stents, or coronary artery bypass surgery.

There is currently a lack of evidence about how appropriate medication normally prescribed to heart patients is for SCAD patients. Patients are all different and medications need to be tailored to individuals.

Exercise and cardiac rehab

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.

Beat SCAD believes cardiac rehab sessions are invaluable as they help you to return to exercise and understand how far you can push your body in a safe, supportive environment.



Registered charity number 1164066

SCAD research

A UK research project, led by Dr David Adlam at the Leicester Cardiovascular Biomedical Unit is trying to find answers to what causes SCAD. This project was initiated by patients and Beat SCAD works closely with the researchers.

Watch Dr Abtehale Al-Hussaini's 2015 research update here: youtu.be/vZva6Xh7UYM.

SCAD clinic

Dr Adlam holds SCAD clinics at Glenfield Hospital. He is happy for SCAD patients to be referred to him by their GP or cardiologist. Please contact SCAD@uhl-tr.nhs.uk or Beat SCAD for details.

Beat SCAD

Please contact contactus@beatscad.org.uk for further information, help or support. You are not alone!

Further information

Beat SCAD

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

SCAD – UK Survivors

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

Leicester Cardiovascular Biomedical Research Unit (UK SCAD research)

scad.lcbru.le.ac.uk

British Heart Foundation

bit.ly/1LaOgys
bit.ly/1T345Aj

SCAD Family and Friends Support Group

(Facebook group)
bit.ly/1TMQDwc