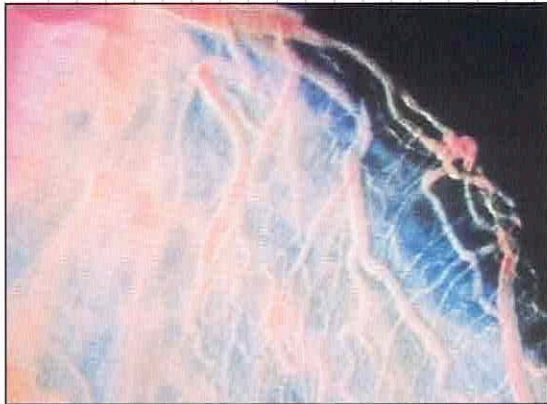




Pathologic Triggers

**New Insights
Into Cardiovascular Risk**



False-color angiogram of coronary artery stenosis

INTRODUCTION

To date, most of our attempts to prevent atherosclerosis have centered on the control of hypertension and hyperlipidemia, as well as lifestyle risk factors.

However, recent insights into the pathology of coronary disease have sharpened our focus on the natural history of atheroma and its relentless progression to acute cardiac events.

ATHEROSCLEROSIS: AN INSIDIOUS PROCESS

The identification and management of patients with hypertension has not had as large an impact on the incidence of coronary heart disease as might be expected. Many factors contribute to the etiology of this disease, which appears to be a lifelong evolving process starting early in life. Indeed, studies have shown that advanced arterial lesions already exist in young individuals, with an incidence of 10-30% in the successive three year age groups between 15 and 29 years.¹

