

Shared Decision Making – stable angina

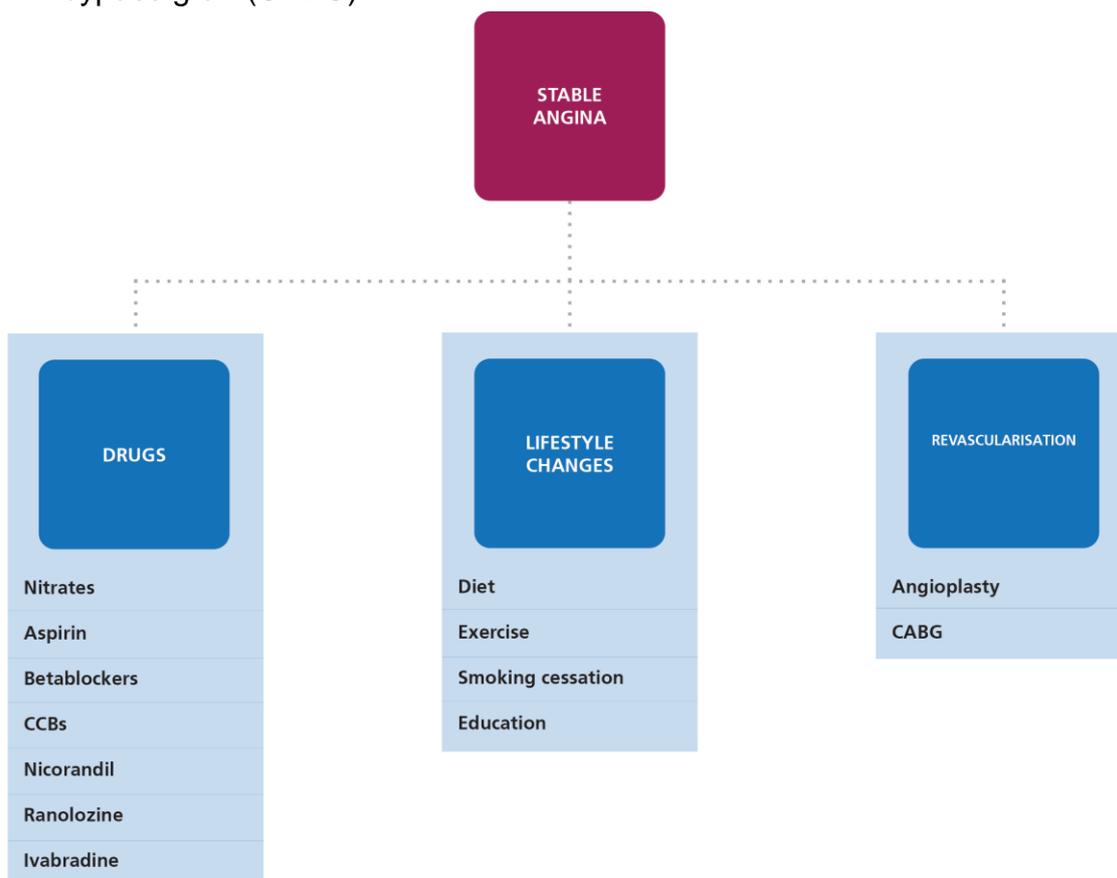
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Deciding what to do about stable angina

This short decision aid is to help you decide what to do about your stable angina. You can use it on your own, or with your doctor, to help you make a decision about what's right for you at this time.

There are three options for treating stable angina. The choices are:

- Lifestyle changes. This means learning more about stable angina, exercising, healthy eating, and stopping smoking tobacco
- Medical treatment (drugs)
- Revascularisation to improve blood flow to your heart. The two main types of revascularisation for stable angina are angioplasty and coronary artery bypass graft (CABG)



What are my options?

	Lifestyle Changes	Medicines (Drugs)	Revascularisation
What is the treatment?	Lifestyle changes. This means learning more about stable angina, exercising, healthy eating, and stopping smoking.	Medicine (drugs) to treat angina and help avoid heart problems.	Surgery to restore blood flow to the heart (revascularisation). The two main revascularisation procedures for stable angina are coronary artery bypass graft (CABG) surgery and percutaneous coronary intervention (PCI). You may also hear PCI be called coronary angioplasty.

	Lifestyle Changes	Medicines (Drugs)	Revascularisation
What is the effect on how long you will live?	<p>Learning more about your angina and making healthy lifestyle changes, such as changing your diet and stopping smoking, can improve your chances of living longer.</p> <p>Angina is usually caused by coronary artery disease. People with coronary heart disease who stop smoking reduce their chance of dying within five years by just over a third.[1]</p>	<p>There are different types of medicines people with angina can have to control their symptoms.</p> <p>Taking secondary prevention drugs (medicines to keep your heart healthy), such as statins or aspirin, can reduce your chance of having a heart attack, stroke, or other heart problems. This may improve your chances of living longer.</p>	<p>PCI is used to treat the symptoms of angina, and will probably have no effect on how long you live.</p> <p>CABG surgery may improve the chances of living longer in some people. This only applies to people with extensive disease (blockages in more than one coronary artery). The research on this is not clear.</p> <p>However, the effects of revascularisation vary depending on</p>

			the type of procedure you have, the severity of your disease, and your individual circumstances. You should discuss how revascularisation may affect you individually with your doctor.
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	Lifestyle Changes	Medicines (Drugs)	Revascularisation
What is the effect of the treatment on your angina symptoms?	<p>People with angina who are educated about angina and living a healthy lifestyle have up to three fewer attacks of angina symptoms each week than those who are not educated about angina and living a healthy lifestyle.[2]</p> <p>Their angina symptoms may be less severe and may last for a shorter amount of time.[2]</p>	<p>People with angina who take angina drugs have fewer attacks of angina symptoms than those who don't take angina drugs.[2]</p> <p>Taking angina drugs may increase the time it takes before you can feel your angina symptoms come on.[2]</p> <p>Taking angina drugs may shorten by several minutes the length of time your angina symptoms last.[2]</p>	<p>Most people with angina who have revascularisation will see an improvement in their symptoms.</p> <p>According to research in people with angina who have a revascularisation procedure, between 60 in 100 and 80 in 100 people have no angina symptoms five years later.[2]</p> <p>However, this varies depending on the type of revascularisation you have, the severity of your disease, and your individual circumstances. You should discuss how revascularisation may affect you individually with your doctor.</p>

	Lifestyle Changes	Medicines (Drugs)	Revascularisation
What is the effect on what you can do?	<p>If you learn more about angina and healthy living you are likely to take exercise more often than if you don't learn more about angina and lifestyle changes.[2]</p> <p>You can exercise providing you don't get angina symptoms. If you get angina symptoms, you should stop exercising.</p> <p>Learning more about angina may make you feel less depressed and more able to do physical activities.[2]</p>	<p>Taking angina drugs may allow you to do more physical activities without getting any angina symptoms.[2]</p> <p>You may be able to take exercise for several minutes longer without getting any angina symptoms if you take angina drugs compared to if you don't.[2] You should stop exercising if you get angina symptoms.</p>	<p>If revascularisation works for you, you should be able to do the things you normally do without getting any angina symptoms, such as exercise or other physical activities. You can exercise providing you don't get angina symptoms. If you get angina symptoms, you should stop exercising.</p>

	Lifestyle Changes	Medicines (Drugs)	Revascularisation
What is the effect of the treatment on your quality of life?	<p>People who learn more about angina and lifestyle changes say that their quality of life improves compared with people who don't learn about angina.[2]</p>	<p>We don't know if angina drugs have an effect on the quality of life of people with angina because very few studies have looked into this.</p>	<p>People who have either a PCI procedure or CABG surgery see an improvement in their quality of life compared with people who don't have revascularisation.[3]</p>

	Lifestyle Changes	Medicines (Drugs)	Revascularisation
What are the side effects and complications?	<p>Side effects from lifestyle changes are usually temporary. Your body will just need some time to get</p>	<p>Most drugs have side effects. For people who take nitrates for angina, between 15 in 100 and 50 in 100 get</p>	<p>There is a chance of side effects and complications with revascularisation.</p> <p>There is a small</p>

	<p>used to any changes to your lifestyle. Stopping smoking may cause short term side effects such as dizziness, insomnia, irritability, and headaches. You may also put on weight as your appetite returns. Your doctor can give you advice about how to manage any side effects from lifestyle changes.</p>	<p>headaches.[4][5] These headaches usually go away quite quickly.</p> <p>Between 1 in 100 and 6 in 100 people who take angina drugs have side effects such as bleeding, dizziness, and stomach upsets.[2]</p>	<p>chance of having a stroke after revascularisation. There may be a slightly higher chance of having a stroke after CABG surgery than after a PCI procedure. [2] After three years, there is no difference between the two kinds of revascularisation in the number of people who will have a stroke.[6]</p> <p>There is a risk that you may need to go back to hospital for a second revascularisation with both PCI and CABG. The risks of needing a further revascularisation are 2 to 3 times higher in people undergoing a PCI procedure compared with people having CABG surgery.[2] However, this risk varies depending on the type of revascularisation you have, the severity of your disease, and your individual circumstances. You should discuss how revascularisation may affect you</p>
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			<p>individually with your doctor.</p> <p>There is a risk of infection with revascularisation. After CABG surgery, some people may get an infection in the area where healthy blood vessels are taken from, such as in their leg.</p> <p>This can usually be treated with antibiotics.</p> <p>There is a low risk of death from revascularisation. This is something that you can talk about with your doctor.</p>
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	Lifestyle Changes	Medicines (Drugs)	Revascularisation
What is the treatment effects on your daily life?	<p>Changing your lifestyle habits such as changing your diet or taking more exercise may be difficult and may take some time to get used to.</p> <p>Taking responsibility for your wellbeing may require planning and adapting to difficult changes.</p>	<p>You may have to take some angina drugs regularly. This may affect your work and daily life.</p> <p>There are some angina drugs that don't last long when exposed to air. You may need to get regular prescriptions for these drugs from your doctor.</p>	<p>If you have PCI you need to go into hospital. The procedure takes about two hours. You will need to stay in hospital overnight to recover. Full recovery from PCI takes about one week.</p> <p>If you have CABG surgery you need to go into hospital. The operation takes between three and five hours. You will</p>

			then need to stay in hospital for about one week to recover. Full recovery from CABG surgery takes up to eight weeks.
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	Lifestyle Changes	Medicines (Drugs)	Revascularisation
What is the effect on your heart and blood vessels?	Angina is usually caused by coronary artery disease. People with coronary heart disease who stop smoking tobacco cut their chance of having a non-fatal (doesn't lead to death) heart attack by about a third compared with those who continue to smoke.[1]	There are two groups of angina drugs and both of these have an effect on your heart and blood vessels. Secondary prevention drugs such as aspirin can reduce your chance of having a heart attack, stroke, or other heart problem. This is something that you should discuss with your doctor.	Much of the research on revascularisation is more than 25 years old.[2] Since then, new medicines have been used to treat heart disease. We do not know if revascularisation helps your heart and blood vessels more than medicines do.

What are the pros and cons of each option?

People with stable angina have different experiences about the health problem and views on treatment. Choosing the treatment option that is best for the patient means considering how the consequences of each treatment option will affect their life.

Here are some questions people may want to consider about treatment for stable angina:

- How important is it for them to have less pain than they have now?
- How important is it for them to improve their chances of living longer?
- How important is it for them to be able to do more physical activity?
- Would they rather avoid having revascularisation?
- Are they willing to try treatments that have a chance of causing a lot of side effects?
- How important is it for them to keep their heart healthy?

How do I get support to help me make a decision that is right for me?

People using this type of information say they understand the health problem and treatment choices more clearly, and why one treatment is better for them than another. They also say they can talk more confidently about their reasons for liking or not liking an option with health professionals, friends and family.

References

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6. Kappetein AP, Feldman TE, Mack MJ, et al. Comparison of coronary bypass surgery with drug-eluting stenting for the treatment of left main and/or three-vessel disease: 3-year follow-up of the SYNTAX trial. *European Heart Journal*. 2011; 32: 2125-2134.