### Symptomatic (Sudden worsening of symptoms could represent ACS and should be referred to the ED)

<table>
<thead>
<tr>
<th>Symptomatic Description</th>
<th>IHD medical management</th>
<th>Preoperative Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Typical/Definite Chest Pain</td>
<td>Aspirin – 81 mg daily is adequate</td>
<td>Choose Wisely</td>
</tr>
<tr>
<td>Atypical/Probable Chest Pain</td>
<td>Statins – Rosuvastatin - 20-40 mg</td>
<td>Risk factor modification: recommend physical activity, weight management, tobacco cessation, and diet.</td>
</tr>
</tbody>
</table>

#### No known IHD

- **Assess symptoms**
- **Assess exercise capacity**

#### Known IHD (MI, stent, bypass)

- **Assess symptoms**
- **Review medical management**
- **Consider antianginals**

#### Antianginal Drug Management

1. Beta blockers
   - Carvedilol - 25 mg bid
   - Metoprolol - 50 mg bid
   - Nitrates - good dose (≤60 mg)
2. Calcium channel blockers
   - Amlodipine - 10 mg daily
3. Nitrates
   - Short acting for acute symptoms
   - Long acting, prescribe ONCE daily
4. Ranolazine
   - For refractory angina
   - Monitor QT

#### Preoperative Assessment

1. **Assess exercise capacity**
   - 8 to 15 METs
2. **Assess for surgical risk factors**
   - 4 METs or no risks factors
   - No symptoms
   - <1 year after MI
3. **Optimize medical therapy**
   - Aspirin
   - Beta blockers
   - Statins
   - Glucose control
   - Blood pressure control
   - Tobacco cessation
   - Regular exercise
4. **Testing rarely indicated**
   - ETT
   - CTA
   - MPI

#### Surgical risk factors

1. Prior MI/CAD
2. Heart failure
3. Diabetes on insulin
4. CKD (Creat >2 mg/dL)
5. Stroke/TIA

#### Medical therapy

1. Control BP
2. Quit smoking
3. Control blood glucose

### Asymptomatic

- **Risk factor modification: recommendations**
  - Physical activity
  - Weight management
  - Tobacco cessation
  - Diet
  - Limit alcohol consumption
  - Blood pressure control
  - Patients with diabetes: HbA1C ≤7%

#### No known IHD

- **Assess symptoms**
- **Assess exercise capacity**

#### Known IHD (prior MI, stent, bypass)

- **Assess symptoms**
- **Review medical management**
- **Consider antianginals**

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### Example METs

- 3-6 METs
  - Brisk walking <4 mph
  - Bicycling <10 mph
  - Dancing
  - Climbing stairs
  - Yard chores
- >6 METS
  - Push mower
  - Running
  - Heavy loads (≥20 kg)
  - Aerobics

### SUGGESTED READING: