

Synopsis

1. Orbita Trail – Study tell us after opening the vessel with angioplasty not able to change the symptoms.
2. EECP- Non-Invasive is beneficial for cardiac patients.

SHOCKING RESULTS OF ANGIOPLASTY RESEARCH: ORBITA TRIAL

So doctor in order to have an effective discussion about the medical field it must be important to actually discuss evidence-based medical researches and trials, isn't the doctor yeah so doctor I've read about a medical trial called ORBITA. The ORBITA it was published in the Lancet Journal and I heard that the Lancet journal is one of the oldest and well known medical journal ever and also I've heard that the results of the ORBITA trial is very important to ordinary heart patients, May I know why is it so important?

Okay the trial ORBITA is published on a 2nd November and I think every cardiologist in this globe should know about orbita and I believe they all know the important thing that we have to do is as a physician a cardiologist we should be able to communicate this orbital trial result to the general public and cardiac patient, so they would know what actually the trial stood for and what actually the result which came out and even before explaining the orbiter trial I would be open with you to say that's a big shock for all the cardiology community in the world because they expect something but come out is what contrary to what they have always believed for the past 30 40 years because these kind of trial has not been initiated in cardiology

I think from 1970s the first time the angioplasty is done we all assumed that when you do an angioplasty we open up the vessel which I explained to you before so angioplasty is a simple procedure where they put the catheter into your femoral artery and move the catheter into the artery where there is a blockage so they've opened the artery by using a balloon so that the obstruction is compressed against the wall so the vessels are open and the blood flow is restored and to prevent this part to reclosure they put a stent now logically speaking I think everyone will also accept the simple fact if I can open the vessel and restore the blood supply then basically the patient would get better relief of symptoms I mean the patient who cannot even walk for two three minutes they believe after opening the vessel they can do more exercise they have less frequency of angina and good quality of life you have to be very very clear in this because it's not only angioplasty these patients are already on medical management so they are taking lot of pills and over the pills we are doing an angioplasty and when you do an angioplasty which is very expensive to do and it has a lot of complication and that simple thing we

expect is at least it should provide quality of life and decrease your symptoms and reduce your nitrate intakes which are the medicine which you take for chest pain.

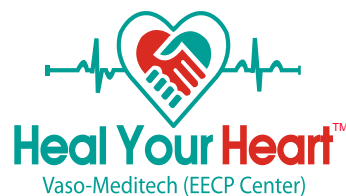
Now I will explain the trial so under this assumption by adding an angioplasty over medical management these group of patients would get a better outcome in the sense they can do more exercise so in orbit or trial the investigators they took two group of patients each arm has a hundred hundred and they call it as a randomized placebo-controlled double-blind trial so what they really did is they randomized this group all these patients are being asked to go for an angioplasty but one group they managed to do only medical management another group they managed with the medical management and angioplasty but the important point is the patient who kept on medical management alone didn't know they're kept at medical management actually they taken for a cath lab they put a catheter but they didn't put a stent so basically all these two group patients assumed that they actually underwent an angioplasty so this is called placebo so the patient wouldn't know and the cardiologist who is treating them with a medical management doesn't know and nobody knows who have not gone for a stent and who have gone for a stent.

so it's blinded so nobody know like who is stented and who is not stented now the investigated do the follow up these patients for six weeks because we know when you do a procedure there should be a significant improvement in quality of life and symptom immediately after the procedure after six weeks they analyzed couple of important things number one is quality of life number second is exercise tolerance and then angina the chest pain frequency and to the surprise I mean it's it's actually devastating to all the cardiologists because we found out in spite of this people who have undergone stenting they did the same exercise they have the same quality of life they have the same angina symptom when compared to this group who have not done angioplasty.

So both this group behave in a same manner so that shows even after opening the vessel with angioplasty we are not able to change the symptom either your angioplasty is ineffective or the patient with medical management has derived the maximum benefit pushing the patient for an angioplasty would not have any quality of life or exercise tolerance a symptom relief in this group of patients and this is the actual result so when you communicate to this patient it's very difficult for us to say we want to do angioplasty because I put you on all the medicine and this medicine is not able to control your

symptoms now I cannot rely upon the medical management I have to move beyond to do an angioplasty to save your heart and have to improve your quality of life now this comments I think it's very difficult to say an evidence-based medicine now so I have to be very careful in saying I might opt for angioplasty but really don't know like whether it could improve your symptoms or not and that's an absolute fact after that arbitration trial which has to go to the public Wow doctor that's a shocking conclusion even

I didn't expect such an amazing result and quite surprising very surprising actually yeah actually the cardiology field must have been completely doing another thing trying to show that we were disposed but with such a strong study as I said it's a randomized trial to prove it wrong Wow doctor can you please explain this shocking result to our Tamil community.



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