

# Do cardiology interventions increase life-expectancy: Quest for the Moon Rabbit?

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## ABSTRACT

The search for elixir of immortality has yielded mixed results. While some of the interventions like percutaneous coronary interventions and coronary artery bypass grafting have been a huge disappointment at least as far as prolongation of life is concerned, their absolute benefit is meager and that too in very sick patients. Cardiac specific drugs like statins and aspirin have fared slightly better, being useful in patients with manifest coronary artery disease, particularly in sicker populations although even their usefulness in primary prevention is rather low. The only strategies of proven benefit in primary/primordial prevention are pursuing a healthy life-style and its modification when appropriate, like cessation of smoking, weight reduction, increasing physical activity, eating a healthy diet and bringing blood pressure, serum cholesterol, and blood glucose under control..

## Biography

Dr. Sundeep Mishra is the Professor of Cardiology at AIIMS, New Delhi. He did his DM in Cardiology from AIIMS and did his Fellowship in Interventional Cardiology from Washington Hospital Center. He has been invited as Guest Editor of Catheterization and Cardiovascular Interventions Journal, and was Guest Editor of Indian Heart Journal. He is National Course Director, American College of Cardiology “National Talent Hunt Examination 2013.” He is the Program Director for TCT India. He is a Member of SCAI Publication Committee. He is a voting Member of SCAI International Committee and India Working Group. He is in the Organizing Board of Asia PCR Sing Live.

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