

# **Prevalence and Current Practice of Vasospastic Angina in China: a single center investigation**

**Jian-Jun Li, MD, PhD.**

Professor and Associate Director, Department of Cardiology, Fu Wai Cardiovascular Hospital, Chinese Academy of Medical Science & Beijing Union Medical College, Beijing 100037, P. R. China

## **Abstract**

Coronary spasm is an important cause of chest pain both in patients with coronary artery disease and in those with variant angina, which may be associated with serious complications such as myocardial infarction, ventricular tachyarrhythmias, and sudden cardiac death. Vasospastic angina is a heterogeneous condition, which may also present in different racial population. However, no data is available from Chinese population regarding prevalence and clinical features of vasospastic angina up to date. The purpose of the present study is retrospectively to investigate the prevalence and clinical features of vasospastic angina in Chinese population with coronary artery disease.

From January 2003 to December 2007, we admitted 35,485 consecutive patients with coronary artery disease into hospitalization, and performed diagnostic catheterization. Among them, 204 patients were finally diagnosed as vasospastic angina in the absence or presence of fixed coronary artery lesions. Baseline characteristics of 204 patients with vasospastic angina were examined. The angiographic results and types of drugs currently administered were also analyzed, and the follow-up of survival was performed by phone.

In this very primary, single center, retrospective study, the prevalence of vasospastic angina among Chinese patients with coronary artery disease is 0.6% in our single center. Our data showed that the episode of vasospastic angina were mainly around midnight and morning in Chinese population. However, three patients had a vasospastic angina at noontime. This unique phenomenon may be related to the Chinese habit (take a afternoon nap). The duration of vasospastic angina attack for the most of Chinese patients lasted more than 10 minutes. In addition, 16.7% of our patients had a past history of allergy to drugs or foods, suggesting that this feature need to be further investigated. 17.6% of patients had arrhythmias during

episode of vasospastic angina. Among them, 15.2% had a recorded history of syncope. Moreover, more than 50% of patients had a significant organic coronary stenosis (more than 50%), suggesting that most patients with vasospastic angina superimposed on fixed coronary lesions in our patients. The most common drugs for the treatment of patient with vasospastic angina are calcium-channel blocker and nitrates. Two patients died during follow-up, suggesting that the prognosis of patients with vasospastic angina is relatively good.