

# YOU ARE NOT ALONE

## SCAD CHANGES LIVES. HOPE IS HERE.

Spontaneous coronary artery dissection (SCAD) is a difficult diagnosis to get your heart around. SCAD Alliance is on a mission to give you hope and answers.

## CONTACT SCAD ALLIANCE

SCAD Alliance is committed to improving the lives of SCAD patients and their families through support, education, and research. To connect with other survivors or find expert advice, use these links:

[scadalliance.org](http://scadalliance.org)  
[facebook.com/SCADalliance](https://facebook.com/SCADalliance)  
[twitter.com/SCADalliance](https://twitter.com/SCADalliance)

## SCAD ALLIANCE IS UNIQUE

Our organization is a 501c3 nonprofit with an integrated approach to the challenges facing SCAD patients and those who care about them. With a focus on collaboration, SCAD Alliance has crafted a team whose members are experts in the fields of cardiology, vascular disease, genetics, endocrinology, connective tissue disorders, obstetrics/gynecology, and clinical psychology.

## iSCAD REGISTRY

SCAD Alliance brings researchers together because finding answers requires teamwork. The independent, multi-center iSCAD Registry is a high quality data repository advancing the pace and breadth of SCAD research. We envision a robust collaboration of SCAD researchers worldwide developing best practices and clinical guidelines. Our ultimate goal: preventing SCAD and its recurrence.

## LEARN MORE

To find a clinician or researcher near you, visit [scadalliance.org](http://scadalliance.org) or email [info@scadalliance.org](mailto:info@scadalliance.org)

And remember...you are not alone.



For more information, visit:  
[scadalliance.org](http://scadalliance.org)

# STOP SCAD SAVE A HEART

Spontaneous coronary artery dissection (SCAD) is a tear or split in the artery's lining. It creates a blockage of blood clot or tissue. SCAD is an under-recognized cause of acute coronary syndrome (ACS), heart attack and sudden cardiac arrest.

## SCAD BY THE NUMBERS

**42**<sup>AVG</sup> Average age of person with SCAD (teens to 60s)

**1 to 4%** of all ACS may be SCAD

**20%** of SCAD survivors have another SCAD

**25%** of SCAD patients present with multiple dissections

**99%** of SCAD cases are acute myocardial infarction (MI)

**No. 1** cause of MI in women who are pregnant or recently gave birth

## IMPROVED OUTCOMES THROUGH DIAGNOSIS

Although each SCAD case is unique, early research shows conservative treatment using medication and monitoring leads to favorable outcomes.

### History

Suspect SCAD if patient has no heart disease risk factors, is young, is peripartum, or has plaque-free arteries.

### Imaging

New imaging aids accurate diagnosis: Optical Coherence Tomography (OCT) and Intravascular Ultrasound (IVUS) show SCAD.

### Healing

Some SCADs heal spontaneously, some with medication alone. Some require stents or bypass surgery.

### PCI

Percutaneous coronary intervention (PCI) with stents can cause additional dissection.

### Recovery

For optimum physical and emotional recovery, ensure referral to cardiac rehab.

### Specialist

Patients should see a SCAD or vascular specialist to assess arterial issues (e.g., fibromuscular dysplasia, FMD).



For more information, visit:  
[scadalliance.org](http://scadalliance.org)