**Coronary Heart Disease Case Study - Vinda**

Name: Vinda Kaur

Age: 69

Gender: Female

Ethnicity: South Asian

Waist measurement: 90cm (about 35.5 inches)

Vinda Kaur is 69 years old, and lives with her husband, son and daughter-in-law. She is overweight, with a waist measurement that is in the ‘health is at high risk’ category and knows that she should try to lose some weight. She wants to change her diet, so that she eats more healthily and loses weight, but she doesn’t want to offend her daughter-in-law by commenting on her cooking.

When Vinda Kaur visits her GP surgery they tell her she needs to lose weight and change her diet, but because of her weight, she finds exercising difficult. The whole family love their food, and regularly eat snacks of lamb koftas and vegetable pakora.

Vinda’s father died aged 53 and had premature CHD according to the National Cholesterol Education Program (NCEP) Guidelines, which define premature CHD as CHD or sudden death occurring in a male before age 55 years. A family history of premature CHD in a first-degree relative (for example, a parent or sibling) increases personal risk by about twofold.

For the past two weeks, Vinda has been going for a walk every morning with her daughter-in-law to try and lose weight. She made an appointment with the GP because she experienced chest pain 10 days ago while she was out walking. Her chest and left shoulder felt tight. She stopped walking and rested and the pain eased. She did not seek medical help at the time because she thought it was a stitch. She then experienced the same pain while out walking 3 days ago, which stopped when she sat down.

The GP suspected angina, as Vinda has typical angina symptoms. She referred Vinda to the Cardiology department at the local hospital. Vinda was sent for coronary angiography, which showed ≥ 50% diameter stenosis in the left main coronary artery. This suggests significant Coronary Artery Disease. She was immediately started on medication and is booked in for revascularisation surgery next week.