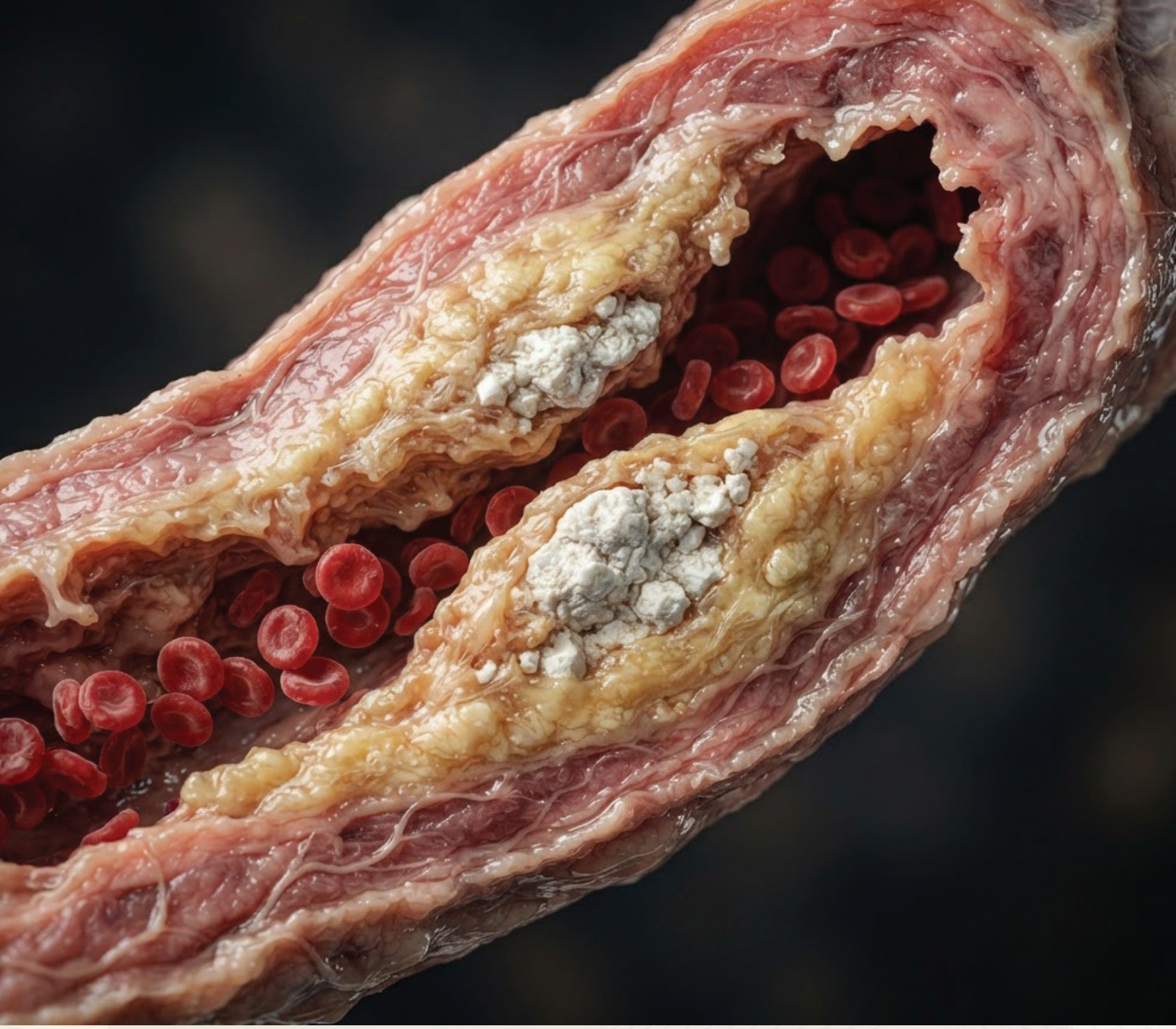


THIS BOOK IS FOR YOU

If you or someone you love has just been told they have a **calcium blockage**, this book is for you.

Not for your doctor. Not for your file. For you.

It will not overwhelm you with medical detail. It will walk you through what is happening, what to expect, and how to find support at every step.

You are not the first person to sit with this diagnosis, feeling afraid. And you will not be the last. But you do not have to figure it out alone.

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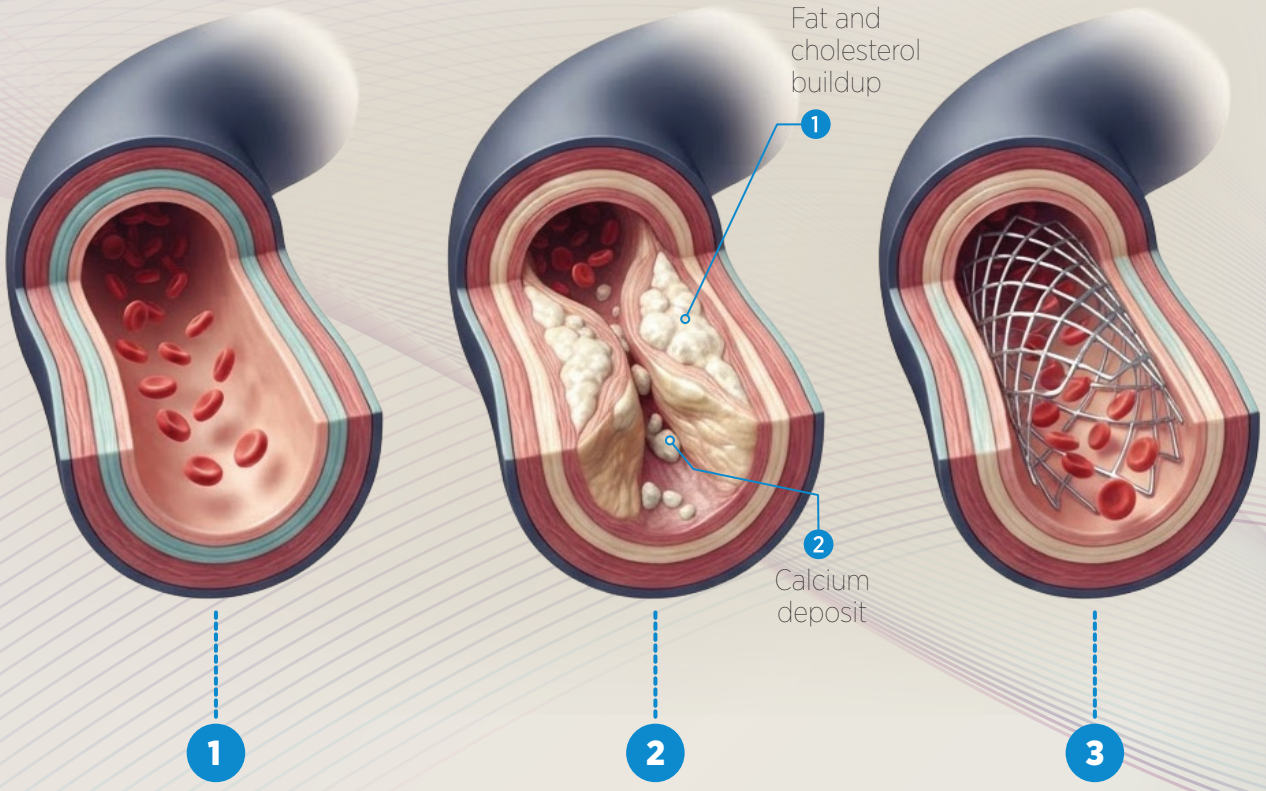
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WHAT IS
CALCIUM BLOCKAGE



A Healthy Artery

Blood flows freely. The artery[a] wall is open and flexible.

A Calcium Blockage

Fat and cholesterol build up inside the artery wall over years. Calcium then deposits on top, hardening it further. The passage narrows and blood flow to the heart is reduced.

After Treatment

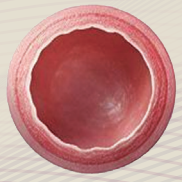
The artery is open again. A small support called a stent holds it in place. Blood flows normally.

- Not all blockages are the same. A calcium blockage is harder and more rigid than a regular blockage.

It needs a different approach.[1]

WHERE CALCIUM BLOCKAGE MORE OFTEN OCCURS

Calcium blockages most often form in the arteries that supply blood directly to the heart muscle, commonly the left anterior descending (LAD) artery, the right coronary artery, or the left circumflex artery.



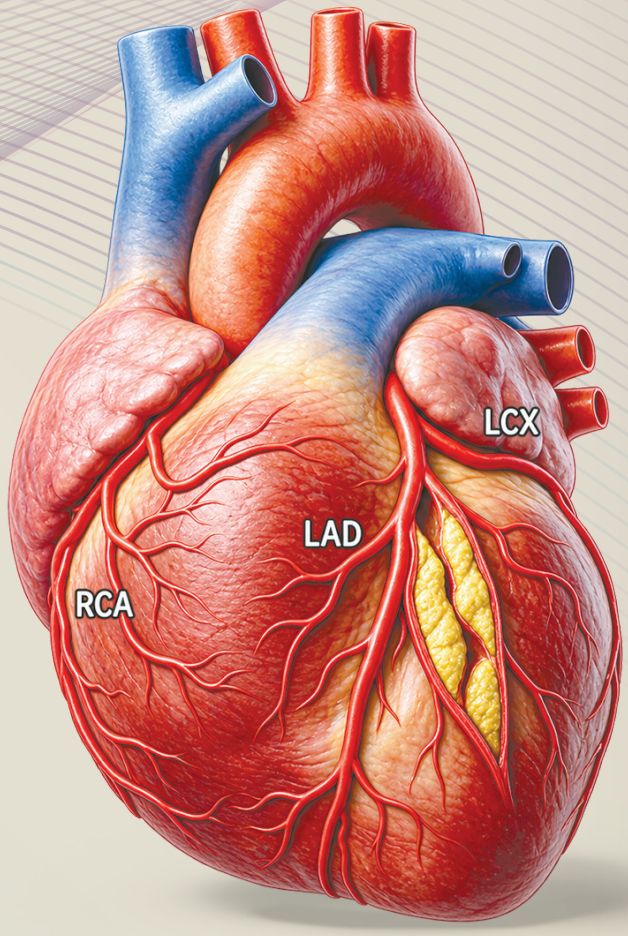
Healthy Artery



Moderate Narrowing



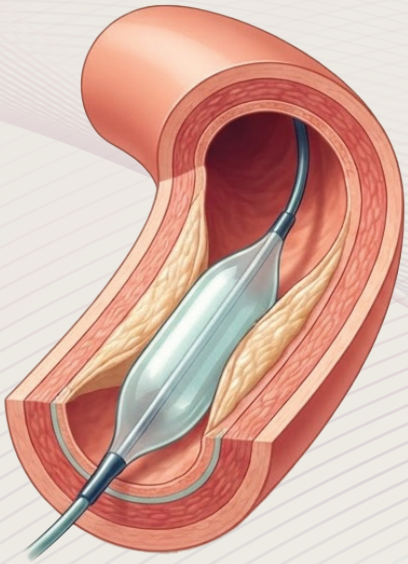
Severe Blockage



Doctors describe how severe a blockage is by how much it narrows the artery.

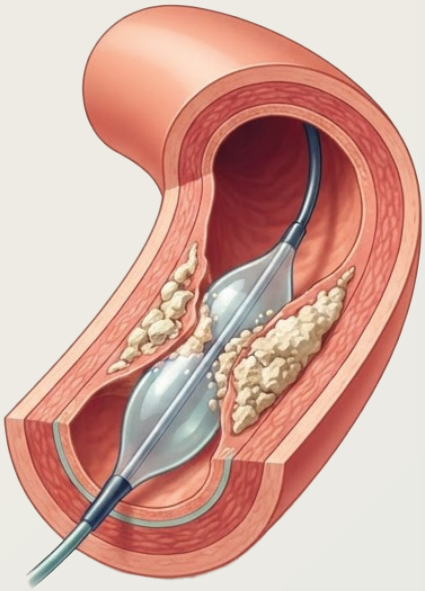
A blockage that closes off more than 70% of the artery is generally considered severe and needs treatment.[2]

WHEN STANDARD TREATMENT IS NOT ENOUGH



A Regular Blockage

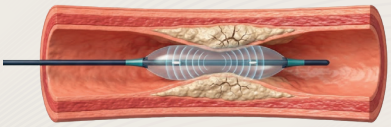
The angioplasty balloon[b] expands fully inside the artery. It opens up. Blood flows normally.



A Calcium Blockage

Calcium hardens the artery wall. The angioplasty balloon cannot expand against it. A different treatment is needed.

TREATMENT OPTIONS AVAILABLE FOR CALCIUM BLOCKAGE



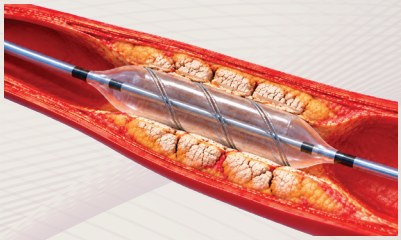
1 Intravascular Lithotripsy (IVL)

Sonic pressure waves break calcium from inside. Minimally invasive[c] with high success rates.[3]



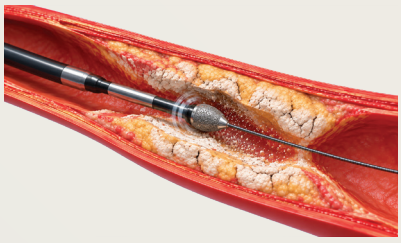
2 Ultra High-Pressure Balloon (OPN-NC)

A balloon built to inflate at much higher pressure than a standard balloon, used to crack tougher calcium.



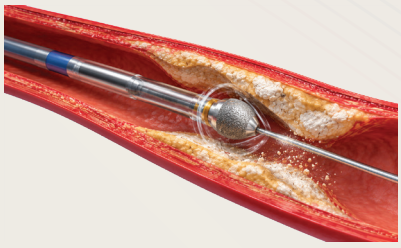
3 Specialized Balloon

A balloon with tiny blades that score the calcium before inflation, used depending on how severe the calcium is.



4 Rotational Atherectomy

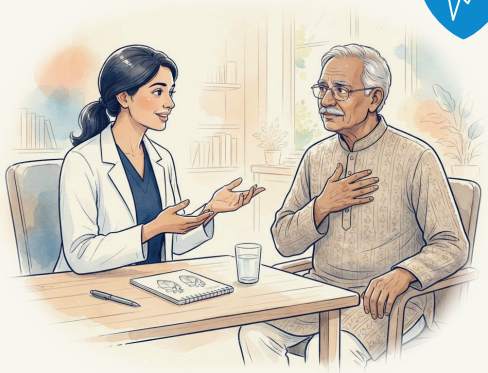
A tiny spinning burr that grinds calcium away from inside the artery.



5 Orbital Atherectomy

A rotating device with an off-centre crown that sands calcium away from the artery wall as it spins.

YOUR JOURNEY TO A HEALTHY HEART



1 DIAGNOSIS

Something feels different. Breathlessness, chest discomfort, fatigue. Your doctor investigates and confirms a blockage.



2 ANGIOGRAPHY[d]

A detailed imaging test shows exactly where the blockage is and whether calcium is involved.



3 TREATMENT DECISION

You and your family understand the options and decide on the right treatment with your doctor.



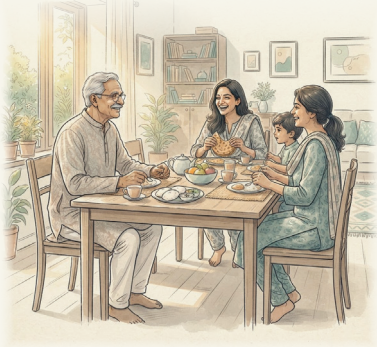
4 THE PROCEDURE

A minimally invasive procedure. No open surgery. Your doctor treats the blockage from inside the artery.



5 RECOVERY

Rest, medicines, and gradual return to activity. Your body heals. Your energy returns.



6 HEALTHY LIFE

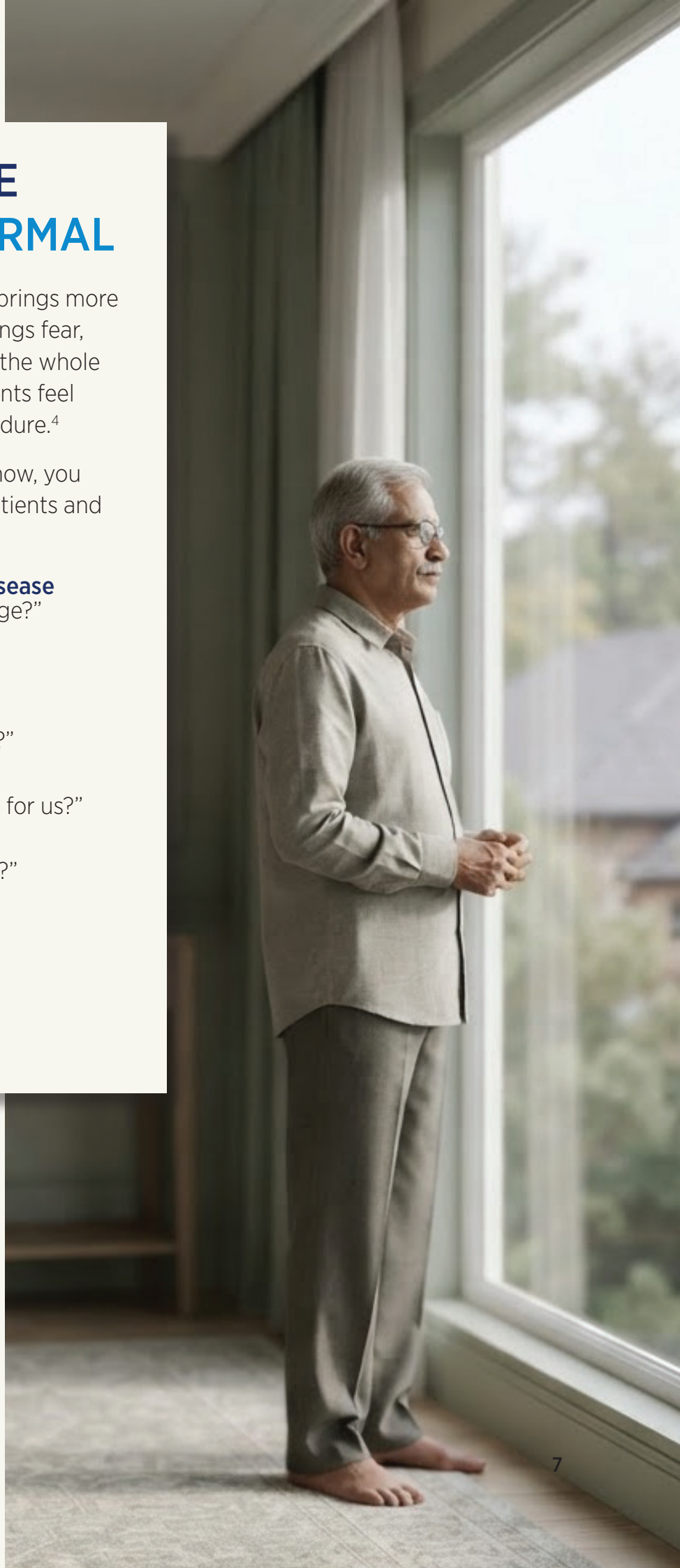
Back to your routine. Your morning walk. Your family meals. Life as it should be.

WHAT YOU ARE FEELING IS NORMAL

A calcium blockage diagnosis brings more than a medical challenge, it brings fear, confusion, and uncertainty for the whole family. Up to two in three patients feel anxious before a cardiac procedure.[4]

Whatever you're feeling right now, you are not alone. Thousands of patients and families have felt it too.

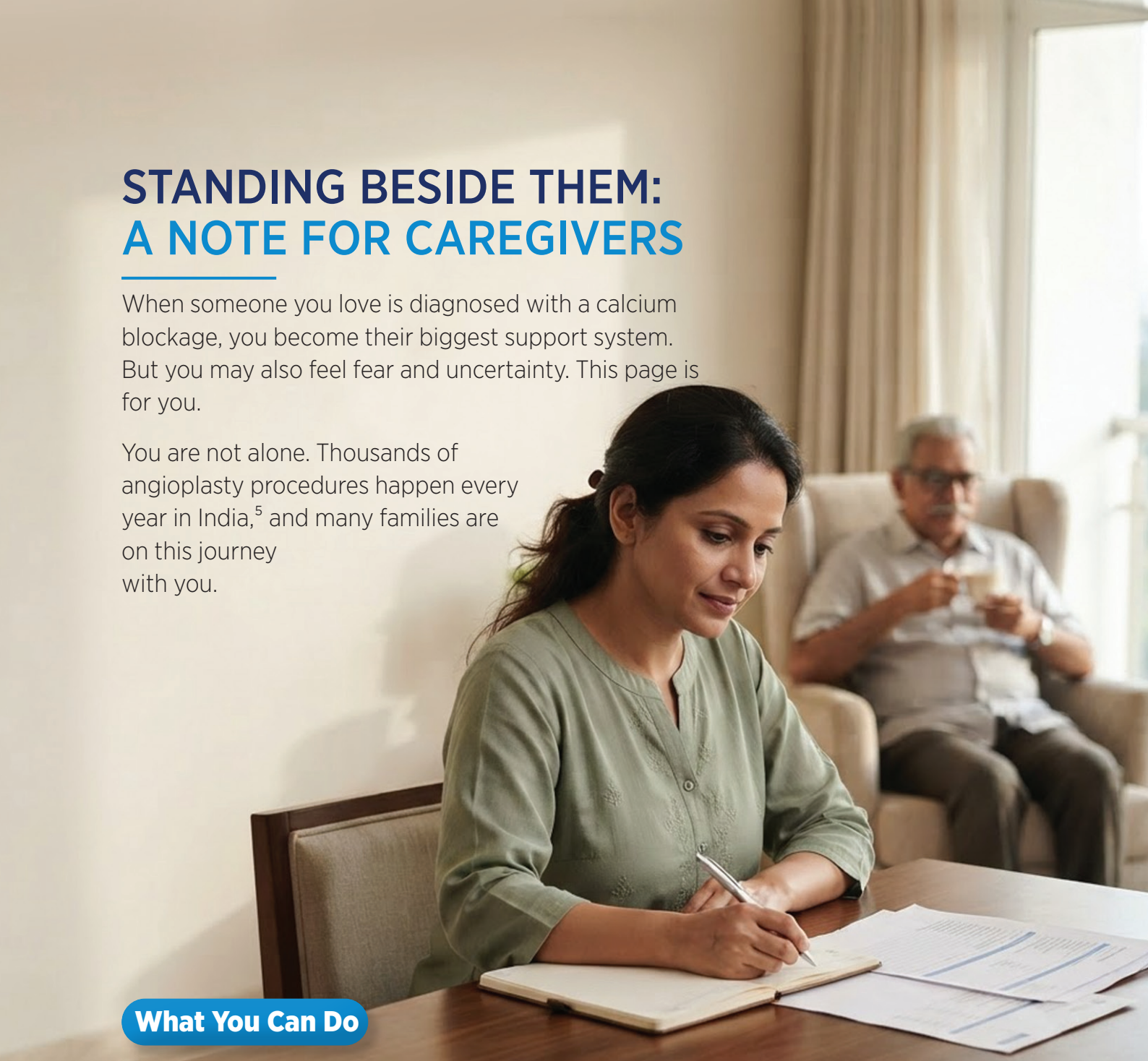
1. **Confusion Around the Disease**
   "How serious is my blockage?"
2. **Fear of the Procedure**
   "Will I be okay?"
3. **Cost Concerns**
   "Can my family afford this?"
4. **Family Uncertainty**
   "What is the right decision for us?"
5. **Recovery Anxiety**
   "Will I return to normal life?"



STANDING BESIDE THEM: A NOTE FOR CAREGIVERS

When someone you love is diagnosed with a calcium blockage, you become their biggest support system. But you may also feel fear and uncertainty. This page is for you.

You are not alone. Thousands of angioplasty procedures happen every year in India,[5] and many families are on this journey with you.



What You Can Do

1 Be Present, Not Perfect
You do not need all the answers. Sitting with your loved one and listening is enough.

2 Help Them Follow Through
A gentle reminder on medicines and follow-up goes a long way.

3 Watch For Warning Signs
Some symptoms need urgent attention. See page 9 for the full list.

4 Take Care of Yourself Too
Supporting someone is easier when you also protect your own energy and well-being.

* ***A Note on Family Pressure:*** Too many opinions can add to the patient's stress rather than reduce it. Stay informed, stay calm, and let the medical team guide the decisions.

KNOW WHAT TO ASK, KNOW WHAT TO WATCH

Don't Leave Without Asking

- ☐ What type of blockage do I have?
- ☐ Is calcium involved?
- ☐ Is standard angioplasty the right treatment for my case?
- ☐ What do you recommend and why?
- ☐ Will I need open heart surgery?
- ☐ How long will the procedure take?
- ☐ Will I feel any pain?
- ☐ How long will I stay in hospital?
- ☐ What medicines will I need after?
- ☐ When do I come back for follow-up?

After Your Procedure

A simple guide to what's normal, what needs a call, and what needs immediate care.[6]

1 This Is Normal

- Mild chest discomfort in the first few days
- Slight fatigue during recovery
- Mild soreness at the procedure entry site
- Feeling emotional or anxious after the procedure

2 Call Your Doctor

- Chest discomfort not improving after a few days
- Swelling or redness at the procedure entry site
- Fever above 38 degrees
- Breathlessness during light activity
- Unsure about your medicines

3 Go to Emergency Immediately (Do not wait for the doctor first, go straight to the nearest emergency room or call an ambulance.)

- Severe chest pain
- Sudden breathlessness at rest
- Fainting or loss of consciousness
- Numbness or weakness on one side of the body
- Rapid or irregular heartbeat with dizziness



COST & INSURANCE

Questions To Ask Your Insurer

- [ ] Is this procedure covered under my policy?
- [ ] What is my sum insured, and is there a cap for this procedure?
- [ ] Is there a room-rent limit that could affect my claim?
- [ ] Is cashless treatment available at this hospital?
- [ ] Are there any exclusions I should know about?

Questions To Ask At The Hospital Billing Desk

- What is the estimated total cost for my case?
- Is cashless insurance accepted here?
- What government scheme options, if any, apply to me?



LIFE AFTER TREATMENT

SMALL, CONSISTENT CHOICES.
BIG DIFFERENCE.

Take Your Medicines
Keep taking them, even when you feel fine.[7,8]

Move Consistently
Start with short walks and build up gradually.

Manage Stress
Rest. Breathe. Reconnect.

Attend Every Follow-Up
Your doctor needs to see how you are recovering.

Eat for Your Heart
Choose simple foods and less oil.

Stay Connected
Support continues after discharge

FREQUENTLY ASKED QUESTIONS

What is the difference between a regular blockage and a calcium blockage?

Ans: A regular blockage is softer and usually responds to standard balloon angioplasty. A calcium blockage is harder and often needs a calcium modification technique first.

Is the treatment painful?

Ans: Most patients tolerate it well under local anaesthesia with sedation. Some feel mild pressure, but significant pain is uncommon.

Are calcium blockages treatable without major surgery?

Ans: Yes. Most are treated through a small catheter, without open heart surgery.

How long does recovery take?

Ans: Most patients feel noticeably better within a few days. Return to normal activity typically takes about a week.[6]

Is treatment covered by insurance?

Ans: Most procedures are covered by standard health plans in India (see the Cost & Insurance page for details).

What happens if I miss a dose of my medicine?

Ans: Contact your doctor or your care counsellor immediately. Do not take a double dose without medical advice.

Can I exercise after the procedure?

Ans: Gentle activity is encouraged, guided by your treating physician.

YOU ARE NOT ALONE

Every patient who has walked this path once felt exactly what you feel now, uncertain, a little afraid, unsure what comes next. And every one of them found their way to the other side of it. Recovery is not something you have to manage alone. Your doctors, your family, and your care team are all walking this with you. One step at a time, you will get there.



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GLOSSARY

a

Artery: A tube that carries blood to the body. The heart has its own arteries too, which supply blood to the heart muscle itself. A blockage here is what causes a heart attack.

b

Balloon Angioplasty: A common procedure where a tiny balloon is inserted inside a blocked artery and inflated to open it up. Think of it like inflating a small balloon inside a narrow pipe to widen it.

c

Minimally Invasive: A procedure done through a small tube inserted into the artery. No large cuts. No open surgery.

d

Angiography: A test where a special dye is injected into the artery and an X-ray is taken to show where the blockage is and how severe it is.