

6th International Conference on

Biomarkers & Clinical Research

August 31-September 02, 2015 Toronto, Canada

Cardiac biomarkers: Troponins

N S Neki

Guru Nanak Dev Hospital, India

A biomarker is a substance used as an indicator of a biological state. With the increase in prevalence of coronary artery disease, early diagnosis and management of acute coronary syndromes and myocardial infarction (MI) as well as risk stratification and prognostication is of utmost importance. Hence there is need of cardiac biomarkers. Cardiac biomarkers are very useful in a non diagnostic ECG which is observed in 50% cases. Amongst various cardiac biomarkers, CPK-MB and Troponins (T & I) are the markers of choice for detecting myocardial dysfunction since other cardiac markers may be elevated in muscle injury, kidney and liver disease. Troponins are commonly used in the diagnosis of acute coronary events and myocardial damage because of high specificity and sensitivity, thus detecting myocardial injury in patients presenting late. They have replaced CPK-MB for diagnosis of MI. The levels of troponin are increased within 4-8 hours after the onset of chest pain reaching peak concentration in 12-24 hours and remaining elevated for 4-10 days following acute MI. Although no ideal biomarker exists, yet troponins fulfill most of the criteria of ideal biomarker. However false elevation of troponins level may occur in pulmonary embolism, non-ischemic cardiac disorders, sepsis, stroke, trauma, internal bleeding, renal failure, hypovolemia, atrial fibrillation, congestive heart failure, myocarditis etc., So, one should be aware of these non-ACS conditions. However abnormal values may be interpreted carefully in the proper clinical interest.

Biography

N S Neki is working as Professor of Medicine, Govt. Med. College/ Guru Nanak Dev Hospital, Amritsar. He is recipient of 4 FRCP's from Edinburgh, Glasgow, London and Ireland. He is a Visiting Professor, Institute of Cardiovascular Sciences, University of Manitoba St. Boniface Hospital, Winnipeg, Canada as well as Visiting Professor, School of Medicine, Health and Pharmacy, University of Durham, UK. He has 205 publications to his credit in reputed journals. He has delivered lecture in Manitoba Association of Asian Physicians, GIMLI, Canada, Sept 7-9, 2012. He is Associate Editor, Section Editor and Editorial Board Member of various national and international journals. He was awarded Fellowship of European Society of Cardiology 2014, Barcelona, Spain and is member of American College of Cardiology and American Heart Association. He has 9 oration awards to his credit.

drneki123@gmail.com

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