



35th World Congress on **Heart Diseases** 33rd World Congress on **Cardiology & Heart Diseases**

The newest advances in the prediction and prevention of coronary heart disease in our research

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Hear disease, especially acquired heart disease, is mainly resulted from coronary atherosclerotic heart disease in traditional medical theories and almost everyone agrees that blood sugar, blood lipids, and blood pressure play an absolute leading role in the formation of coronary heart disease. The world's understanding of heart disease (coronary heart disease) has formed a broad expert consensus in both basic research and clinical medicine, and has formulated a strict treatment system and model for coronary heart disease. However, despite this, no medical effect has been achieved clinically sufficiently. A large number of middle-aged and elderly people have evolved from healthy people to patients with early coronary heart disease. With the continuation of standard treatment, the condition of these early coronary heart disease patients gradually worsened and coronary artery stenosis which was more than 75% had received stent treatment. Some patients had coronary artery bypass surgery because of severe coronary artery stenosis. During the period, some patients died due to sudden myocardial infarction or severe heart failure, and some patients were diagnosed as unstable angina or variant angina due to their fluctuating condition and unstable symptoms, which can not be explained by the traditional theory of coronary heart disease, so it will not get effective treatment naturally. In summary, the treatment system of coronary heart disease has the following unsatisfactory situation: 1. Although coronary heart disease has undergone standardized treatment, the overall trend of the treatment effect is getting worse and worse; 2. There is no satisfactory and reasonable explanation for the cause of sudden death due to heart disease; 3. There is no satisfactory etiological explanation for unstable angina; 4. For patients undergoing coronary heart disease treatment under the guidance of professional doctors after stents, despite the satisfactory control of multiple indicators, the second and third coronary heart disease aggravate and have to be treated with stents. The traditional explanation for this state is extremely far-fetched and new explanations are needed.

After more than 30 years of multidisciplinary clinical practice and research, the treatment and follow-up observation of more than 200,000 patients of heart disease, we have surprisingly found that: 1. Neurological factors dominate in the formation mechanism of coronary heart disease; 2. Mental factors occupy the second place in the cause of coronary heart disease; 3. Metabolic factors such as blood sugar, blood lipids and blood pressure account for coronary heart disease in a very small proportion in the formation mechanism; 4. In the formation mechanism of hypertension, water and salt metabolism are not the main factors, and the main cause is abnormal spinal nerve function, and we think abnormal spinal nerve function may be found in most of the primary hypertension, and as long as the responsible lesion is relieved, high blood pressure can be controlled steadily without medication. Only a small part of high blood pressure is resulted from genetic factors; 5. For the heart failure based on coronary heart disease, traditional conventional treatment requires strengthening the heart and controlling the intake of water and salt. However, we found conventional cardiotoxic drugs have accelerated the progress of heart failure to some extent and promoted the increase in mortality.

Based on the above-mentioned research and findings, we put forward a subversive medical theory: Luo Theory - coronary heart disease resulted from neuro-stimulation theory: The damage of the spinal nerve (upper thoracic spine) causes abnormal discharge of the thoracic sympathetic nerve, which leads to



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continuous contraction and spasm of the coronary blood vessels that it innervates, and then it results in coronary vascular stenosis and coronary heart disease. Because the vasodilator can not resist the intensity of the coronary vasoconstriction caused by sympathetic nerve discharge, the coronary vasculature shrinks and becomes thinner, making the coronary vasodilator ineffective. Because the coronary stent can only solve the partial coronary vascular stenosis, and the sympathetic nerve discharge is not removed, so secondary stenosis will occur after the stent implantation. Because the spine is unstable after injury, the sympathetic nerve discharge is also unstable, so the coronary vasoconstriction is also unstable, which causes variable angina or unstable angina pectoris. Because the main cause of coronary heart disease is thoracic spine damage, the common heart examination cannot determine the potential degree of the disease, which may result in sudden death despite normal cardiac examination.

By examining the thoracic spine MRI, thoracic X ray, electrocardiogram, echocardiography, neuroelectrophysiological test and cardiac electrophysiological test, combined with the spine biomechanics and finite element theory, we can successfully predict the potential coronary heart disease in the early period. And we can effectively prevent coronary heart disease, treat coronary heart disease and prevent sudden death and heart failure. We have applied this method to avoid stents implantation in more than 4000 patients with coronary heart disease. The heart function of patients with heart failure has been successfully reversed and clinical cure has been achieved in our research. In short, coronary heart disease can be predicted and prevented in the early period; coronary heart disease can be reversed to normal stage in the middle period; heart failure can be cured clinically.