

Treatment Pros & Cons

Information for Patients with Diabetes and Coronary Artery Disease

IMPORTANT: No matter what treatment choice you make, *you will always be given a prescription for medications*. Take a look at each of the tables below to compare treatment options.

POTENTIAL BENEFITS/PROS	CABG + MEDICATIONS	PCI + MEDICATIONS	MEDICATIONS ONLY
<p>Living longer a) Three years after treatment for coronary artery disease when many blood vessels supplying the heart are blocked/narrowed, more patients are alive after CABG compared to PCI¹</p> <p>b) Five years after treatment there are no differences in survival between treatments for coronary artery disease when only 1–2 blood vessels supplying the heart are narrowed/blocked²</p>	<p>a) 90% of patients are alive</p> <p>b) 88% of patients are alive</p>	<p>a) 85% of patients are alive</p> <p>b) 89% of patients are alive</p>	<p>a) n/a</p> <p>b) 88% of patients are alive</p>
<p>Less angina (chest pain) Five years after treatment for coronary artery disease when many blood vessels supplying the heart are blocked/narrowed, more patients are angina free after CABG compared to PCI³</p>	<p>79% of patients have no angina</p>	<p>74% of patients have no angina</p>	<p>n/a</p>

POTENTIAL BENEFITS/PROS	CABG + MEDICATIONS	PCI + MEDICATIONS	MEDICATIONS ONLY
<p>Chance of having a heart attack Five years after treatment for coronary artery disease <i>when many blood vessels</i> supplying the heart are blocked/narrowed, less patients have a heart attack after CABG compared to PCI or medication only²</p>	7% of patients had a heart attack	14% of patients had a heart attack	15% of patients had a heart attack
<p>Chance of needing additional PCI or CABG treatment Three years after treatment for coronary artery disease <i>when many blood vessels</i> supplying the heart are blocked/narrowed, less people needed additional treatment after CABG compared to PCI⁴</p>	5% of patients needed additional treatment (PCI or CABG)	13% of patients needed additional treatment (PCI or CABG)	n/a
<p>Quality of life²</p>	Patients report greater improvements in their mental and physical abilities 5 years after CABG compared to PCI	Patients report greater improvements in their mental and physical abilities <i>in the first month</i> after PCI compared to CABG	n/a

POTENTIAL RISKS/CONS	CABG + MEDICATIONS	PCI + MEDICATIONS	MEDICATIONS ONLY
<p>Chance of having a stroke Five years after treatment for coronary artery disease when many blood vessels supplying the heart are blocked/narrowed, more people had a stroke after CABG compared to PCI or medication only²</p>	<p>4% of patients had a stroke</p>	<p>3% of patients had a stroke</p>	<p>3% of patients had a stroke</p>
<p>Other health risks</p>	<p>You should talk about with your doctor about your chances of having these problems during or soon after CABG:</p> <ul style="list-style-type: none"> • Infection. • Pain • Kidney problems. • Heart rhythm difficulties (atrial fibrillation) • Short-term problems with thinking, memory, depression, and anxiety 	<p>You should talk about with your doctor about your chances of having these problems during or soon after PCI:</p> <ul style="list-style-type: none"> • Bleeding • Damage to blood vessels • Pain • Bruising • Tenderness • Need for emergency CABG 	<p>You should talk about with your doctor risks and side effects of medications</p>
<p>Wait times You will have to wait to receive CABG and this may involve travelling to/from the hospital for appointments</p>	<p>Unless you need treatment right away to save your life, you will need to wait to have your surgery</p>	<p>Many patients can have PCI immediately after their angiography investigation</p>	<p>No waiting is necessary</p>

POTENTIAL RISKS/CONS	CABG + MEDICATIONS	PCI + MEDICATIONS	MEDICATIONS ONLY
<p>Personal costs All treatment requires that you pay for your medication(s), unless you have coverage through a health benefits plan. Depending on where you live, you may need to pay in time and money to travel to/from your appointments</p>	<p>CABG itself will not cost you anything other than time away from home and time off work. It will cost money to fill your medication prescriptions at a pharmacy</p>	<p>PCI itself will not cost you anything other than time away from home and time off work (though less than with CABG). It will cost money to fill your medication prescriptions at a pharmacy</p>	<p>It will cost money to fill your medication prescriptions at a pharmacy</p>
<p>Recovery Recovery from CABG is much longer than after PCI treatment</p>	<p>You are likely to spend 5-10 days in hospital. You will not be able to drive for 4 weeks. It can take 6-12 weeks for you to be able to return to your normal activities including work, sex and household duties</p>	<p>Most people are able to return to their usual activities about 5 days after PCI</p>	<p>No recovery time needed, though it make take time to get used to how your new medication(s) make you feel</p>

References:

- ¹<https://www.sciencedirect.com/science/article/pii/S0140673618304239?via%3Dihub>
- ²<http://www.onlinejacc.org/content/68/10/985>
- ³<https://www.sciencedirect.com/science/article/pii/S0735109717307155?via%3Dihub>
- ⁴<https://www.nejm.org/doi/full/10.1056/NEJMoa1211585>