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By U. S. Department of Health and Human Services

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11.0in. x 8.5in. x 0.1in. Coronary heart disease (CHD) is the leading cause of death in the United States. Each year, more than 1 million Americans experience nonfatal or fatal myocardial infarction or sudden death from CHD. The estimated direct and indirect costs of CHD and stroke were 298.2 billion for 2001. Angina is the most common presenting symptom of CHD, but in many persons the first manifestation may be myocardial infarction or sudden death. An estimated 1 to 2 million middle-aged men have asymptomatic but physiologically significant coronary artery disease, which puts them at increased risk for CHD events. In 1996, the U. S. Preventive Services Task Force (USPSTF) considered the use of resting electrocardiography (ECG) or exercise electrocardiography treadmill testing (ETT) to detect asymptomatic coronary artery disease (ACAD). The Task Force found insufficient evidence to recommend for or against screening middle-aged and older men and women with these tests. They recommended against screening children, adolescents, or young adults. Clinicians can use two approaches for preventing CHD morbidity and mortality. The first approach involves screening for, and treating, the traditional modifiable CHD risk factors, such as...



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