Coronary Atherosclerosis by Modified American Heart Association Classification- An Autopsy Study

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Abstract

Introduction: Cardiovascular Disease (CVD) & related mortality has emerged as a major health burden worldwide with atherosclerosis being the major cause. The incidence of coronary artery disease has doubled in Indians during the past three to four decades. **Aims & Objectives:** To study the atherosclerotic lesions in coronary arteries by applying Modified American Heart Association(AHA) classification. **Material & Methods:** This study was conducted in the tertiary care teaching hospital from January to April, 2025 and consists of 131 heart specimens received in Autopsy section. After gross examination respective sections were taken and routine HPE was performed. **Results:** The atherosclerotic lesions were more common in male compared to female with M:F ratio is 3.37:1. Nowadays, the atherosclerotic lesions were more common in younger age (<40 years). Pathological Intimal Thickening was the most common lesions found in young age group followed by Intimal Xanthoma. While Advanced lesions were found in older age group. **Conclusion:** Risk factor reduction is the most important to manage young CAD Patients (Males>Females), so as to prevent complications or premature death that lead to huge financial burden on the economy and health sector of India.

Key words: Atherosclerotic lesions, Modified American Heart Association classification, Cardiovascular Disease