

HEART DISEASE

A Textbook of Cardiovascular Medicine

Edited by

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PREFACE

Today cardiovascular disease is the greatest scourge afflicting the population of the industrialized nations. As with previous scourges—bubonic plague, yellow fever, and smallpox—cardiovascular disease not only strikes down a significant fraction of the population without warning but causes prolonged suffering and disability in an even larger number. In the United States alone, cardiovascular disease was responsible for almost one million fatalities in 1979—*well over one-half of all reported deaths*. Almost 5 million persons afflicted with cardiovascular disease are hospitalized annually. The cost of this disease in terms of human suffering is almost incalculable: direct annual costs approximate \$16 billion, and indirect annual costs due to morbidity amount to over \$8 billion.

Fortunately, research focusing on the causes, diagnosis, treatment, and prevention of heart disease is moving ahead rapidly. In the last 25 years, in particular, we have witnessed an explosive expansion of our understanding of the structure and function of the cardiovascular system—both normal and abnormal—and of our ability to evaluate these parameters in the living patient, sometimes by means of techniques that require penetration of the skin but also, with increasing accuracy, by noninvasive methods. Simultaneously, remarkable progress has been made in preventing and treating cardiovascular disease by medical and surgical means. Indeed, in the United States, a steady reduction in mortality from cardiovascular disease during the past decade suggests that the effective application of this increased knowledge is beginning to prolong man's life span, the most valued resource on earth.

An attempt to summarize our present understanding of heart disease in a comprehensive textbook for the serious student of this subject is a formidable undertaking. Following the untimely death of Dr. Charles K. Friedberg, whose masterful text served as a bible to me and to a whole generation of cardiologists during the 1950's and 1960's, the W. B. Saunders Company invited me to accept this responsibility. Younger colleagues, particularly cardiology fellows and medical residents at the Brigham, convinced me of the need for such a book, and the Dean of the Harvard Medical School and the Trustees of the Peter Bent Brigham Hospital graciously allowed me to devote a sabbatical year toward completion of this project.

A single text—even a long one—cannot adequately cover every aspect of a subject as extensive as heart disease. Thus, my first task was to define those areas of the field that should be included. Since the early part of this century, clinical cardiology has had a particularly strong foundation in the basic sciences of physiology and pharmacology. More recently, the disciplines of molecular biology, genetics, developmental biology, biophysics, biochemistry, experimental pathology, and bioengineering have also begun to provide critically important information about cardiac function and malfunction. Although it was decided that *Heart Disease* was to be primarily a clinical treatise and not a textbook of fundamental cardiovascular science, an effort has been made to explain, in some detail, the scientific basis of cardiovascular diseases. To achieve this objective, the sciences fundamental to heart disease are in most cases presented in the chapters describing the various disease states and their treatment rather than in separate chapters. While it is recognized that cardiovascular surgery has had an enormous impact on the management of patients with heart disease, the major emphasis in this book is on the rationale and indications for cardiac operations rather than on operative techniques per se.

Heart Disease is divided into four parts: Part I deals with the examination of the patient in the broadest sense, including clinical findings and the theory and application of modern invasive and noninvasive techniques used to elicit information about the heart and the circulation. Part II is concerned with the pathophysiology, diagnosis, and treatment of the princi-

pal abnormalities of circulatory function, including heart failure, shock, arrhythmias, and abnormalities of arterial pressure. Part III consists of descriptions of the principal congenital and acquired diseases affecting the heart, pericardium, aorta, and pulmonary vascular bed in adults and children. Primary disease of other organ systems, such as the nervous, hematopoietic, endocrine, renal, and pulmonary systems, is frequently accompanied by important cardiac complications. Conversely, the presence of heart disease may significantly affect other organs and may alter the patient's response to the stresses of general anesthesia, pregnancy and delivery, and surgical procedures. Cardiovascular disorders are often expressions of systemic diseases that involve other organ systems as well. Both the internist and the cardiologist must frequently deal with these disorders that lie at the interface between cardiology and other areas of medicine such as neurology, rheumatology, psychiatry, and obstetrics. It is my impression that patients with these conditions present particularly challenging problems to both cardiac and noncardiac specialists. Accordingly, Part IV discusses the manner in which diseases of other organ systems affect the circulation and vice versa.

In order to provide a comprehensive, authoritative text in a field that has become as broad and deep as cardiovascular medicine, I chose to enlist contributions from a number of able colleagues. However, my personal involvement in the writing of about half the book has made possible a deliberate effort to eliminate the fragmentation, gaps, inconsistencies, organizational difficulties, and impersonal tone that plague many multiauthored texts. I sought a compromise between a book that is too lengthy (and therefore expensive) as a result of excessive repetition and one in which all duplication is eliminated, resulting in fragmented coverage of certain subjects. Some material is repeated within the text, but this has been done deliberately for the convenience of the reader. For example, the chapter on echocardiography describes the application of this technique in valvular heart disease, while the chapter on valvular heart disease includes discussions of echocardiography relevant to the recognition and assessment of these disorders. Whenever such repetition would have proved unwieldy, extensive cross references have been provided within the text.

Particular emphasis has been placed on insuring a comprehensive and up-to-date bibliography; considerable revisions have been made in both galley and page proofs to accommodate information about recent advances in the field, and several hundred references to publications appearing late in 1979 and early in 1980 have been inserted.

To the extent that this book proves useful to those who wish to broaden their knowledge of cardiovascular medicine and thereby aids in the care of patients afflicted with heart disease, credit must be given to the many talented and dedicated persons involved in its preparation. I offer my deepest appreciation to my fellow contributors for their professional expertise, knowledge, and devoted scholarship, which has so enriched this book. For their cooperation and willingness to deal with a demanding editor I am deeply in their debt. My editorial and writing efforts were also greatly aided by a number of individuals whom I consulted about specific sections. Extremely helpful advice and constructive criticism were provided by Drs. Joseph S. Alpert, Elliott M. Antman, Stephen M. Ayres, William H. Barry, Edward H. Bergofsky, C. Gunnar Blomqvist, Jeffrey S. Borer, Mary Jo Burgess, Lawrence H. Cohn, Peter F. Cohn, David M. Dawson, Nabil El-Sherif, Charles Fisch, Michael D. Freed, William F. Friedman, Victor F. Froelicher, Edward D. Frohlich, Jonas B. Galper, Jacques Genest, Lee Goldman, William Grossman, E. William Hancock, Norman K. Hollenberg, Roland H. Ingram, David C. Levin, Victor A. McKusick, James Metcalfe, Robert G. Narins, Alan S. Nies, William V. Parmley, Oglesby Paul, Joseph K. Perloff, Kirk L. Peterson, Peter Reich, Eugene D. Robin, Arthur A. Sasahara, Ronald H. Selvester, Laurence J. Sloss, Harold S. Solomon, Madison S. Spach, Jerry S. Trier, Gerard M. Turino, Max H. Weil, Arnold M. Weissler, Harvey Wolinsky, Roland Wyatt, and Barry L. Zaret.

It has been a personal pleasure for me to deal with the W. B. Saunders Company. Mr. John Hanley, Vice President and Editor of Health Sciences, has been particularly helpful, and I deeply appreciate his wise counsel at several critical junctures. One of Mr. Hanley's most notable contributions to this book was his assignment of Ms. Diane Q. Forti to serve as Special Editor for this project. It is a pleasure to be able to acknowledge the collaboration of a true professional. Ms. Forti provided this book with editorial talents of a higher quality than I have ever encountered. Her unusual insight; very high standards; and insistence on accuracy, consistency, and clarity of expression improved enormously the large section of the book that she personally edited. She has left a positive and lasting imprint on this book that will certainly

be felt in subsequent editions. Ms. Katherine Arnoldi and Ms. Wynette Kommer of W. B. Saunders provided very able editorial support, while Ms. Patricia Kadlick in my office rendered most capable secretarial services.

Without question, this book could not have become a reality were it not for the skill and dedication of two very special persons. My responsibilities to the Harvard Medical School and the Peter Bent Brigham Hospital during my sabbatical year were shouldered most effectively by my friend and colleague Dr. Marshall Wolf, who provided the Department of Medicine with exemplary leadership during my absence. My administrative assistant, Mrs. Mary Jackson, expended incalculable time and effort to aid me in the completion of this project while at the same time maintaining the orderly flow of activity essential to a busy Department of Medicine. I am personally deeply indebted to both Dr. Wolf and Mrs. Jackson for going far beyond the call of duty, thereby permitting me to devote myself to *Heart Disease: A Textbook of Cardiovascular Medicine*.

EUGENE BRAUNWALD

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