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HEALTH SCIENCES CENTER  
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## NEWS RELEASE

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# Evidence-based Therapies Boost Heart Attack Survival Says Texas Tech Physician

**Texas Tech Physician commentary published in Journal of the American Medical Association (JAMA) says Swedish research could have same results in the U.S.**

A Swedish study suggests that evidence-based treatments reduce the mortality rate related to cardiovascular disease. According to research recently published in the prestigious [Journal of the American Medical Association](#) (JAMA) and an accompanying commentary by Debabrata Mukherjee, M.D., chief of cardiovascular medicine at the Texas Tech Paul L. Foster School of Medicine, the increased use of evidence-based treatments for heart attacks like rapid angioplasty has led to a decrease in deaths from heart attacks.

Dr. Mukherjee's commentary has been picked up by leading national scientific journals, publications and other online health news outlets including [www.Npr.org](http://www.Npr.org); Reuters Health; [www.health.usnews.com](http://www.health.usnews.com) and [www.theheart.org](http://www.theheart.org).

Cardiovascular disease remains the most common cause of morbidity and mortality in the U.S. In the study, Thomas Jernberg of the Karolinska Institute in Stockholm and his colleagues used data from a Swedish registry on more than 61,000 patients who experienced a deadly heart attack known as STEMI between 1996 and 2007.

“The combined use of simple therapies such as aspirin, beta-blockers and cholesterol-lowering medications and rapid reopening of blocked blood vessels using balloons or stents were associated with a significant reduction in mortality,” Mukherjee said. “We would expect to have similar findings in the United States.”

The full JAMA editorial can be read at <http://jama.ama-assn.org/content/305/16/1710.full.pdf+html>