

Fast Facts

Coronary Artery Disease (CAD)

- Caused by damage/disease to the blood vessels that supply your heart with blood that carry oxygen and nutrients (coronary arteries)
- Once damage has occurred, easier for cholesterol-containing deposits (plaque) to accumulate at the site of injury (atherosclerosis)
 - Plaque builds up decreasing the area that the blood has to flow through
- Plaque can break off or rupture triggering the clotting cells in your blood (platelets) to clump at the site to stop the bleeding forming a clot blocking the artery causing a heart attack
 - Several things contribute to damage (smoking, high blood pressure, high cholesterol, diabetes/insulin resistance and sedentary lifestyle)
- Process takes a long time, typically decades, to develop and can start as early as childhood

<i>Symptoms</i>	<i>Risk Factors</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Chest pain (angina) brought on by physical or emotional stress, described as a pressure or tightness typically located in middle or left side of chest -Shortness of breath or extreme fatigue, especially upon exertion 	<ul style="list-style-type: none"> -Age -Being male -Women after menopause -Family history of CAD -High blood pressure -High cholesterol -Diabetes -Smoking -Being overweight/obese -High amounts of stress -Limited physical activity 	<p><i>Lifestyle changes:</i></p> <ul style="list-style-type: none"> -Not smoking -Control conditions (high blood pressure, cholesterol, diabetes) -Stay physically active -Eat a low-fat/low-salt diet -Eat more fruits/vegetables/whole grains -Maintain a healthy weight -Reduce/manage stress <p><i>Medications:</i></p> <ul style="list-style-type: none"> -Cholesterol-modifying - Blood thinners -Blood pressure control with beta blockers, ACE inhibitors or ARBs -Nitroglycerin to treat chest pain <p><i>Procedures:</i></p> <ul style="list-style-type: none"> -Angioplasty with possible stent placement -Coronary bypass surgery 	<p><i>Lifestyle changes:</i></p> <ul style="list-style-type: none"> -Not smoking -Control conditions (high blood pressure, cholesterol, diabetes) -Stay physically active -Eat a low-fat/low-salt diet -Eat more fruits/vegetables/whole grains -Maintain a healthy weight -Reduce/manage stress

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