

Coronary Artery Disease

PREVENTION AND MANAGEMENT



do you know
the **risks?**

What is coronary artery disease?

Coronary artery disease is a narrowing or blockage of the arteries that supply blood to the heart muscle. These arteries are known as the coronary arteries. A buildup of fat and cholesterol on the inside of the arteries can make the artery wall harden and be less elastic. It also blocks the space that blood can move through on the inside of the artery. Both of these limit how much blood and oxygen get to the heart muscle.

What is angina?

If the heart muscle doesn't get enough blood and oxygen to work properly, it can cause chest pain. This is called angina. If the heart muscle goes too long without enough blood and oxygen, permanent damage can be done to the heart. This is called a heart attack.

Angina, or chest pain, can be a sign of coronary artery disease. It can be felt in the chest, left shoulder, arms, neck, back or jaw. Angina pain is usually described as:

- Heaviness or fullness
- Tightness, pressure or squeezing
- Aching or burning
- Similar to heart burn
- Numbness or general discomfort

You may also feel short of breath, your heart beating fast and/or irregular in your chest, dizzy, very weak, sweaty or sick to your stomach.

If you have chest pain or discomfort with the symptoms above for more than five minutes, call 911.

If your symptoms stop completely in five minutes or less, tell your doctor as soon as you can, especially if they are new or are getting worse over time.

Who's at risk?

There are many risk factors that increase your chances of heart disease. Some things you can control, and others you cannot. The more of the risk factors you have, the higher your risk for CAD.

Risk factors you cannot control

- Male gender: men have heart attacks earlier in life and more often than women. After age 70, the risk is the same for both men and women
- Advanced age: CAD is more likely to occur as you get older, especially after age 65
- Family history: If your parents have heart disease, especially before age 50, you are more likely to develop heart disease
- Race: Heart disease risk is higher in African Americans, Mexican Americans, American Indians, native Hawaiians and Asian Americans



NORMAL
ARTERY



FATTY DEPOSIT
ACCUMULATION

taking control

Lifestyle changes for prevention and management of heart disease

Quit smoking

- National Quit Line 1.877.448.7848
- The Health Plan offers Freedom From Smoking Classes
 - 1.800.624.6961, ext. 7659 to preregister

Eat healthy to improve blood pressure, blood sugar, cholesterol and weight control

- Limit salt intake, avoid prepackaged, processed foods
- Limit saturated fats in meats, dairy products and some plant-based oils
- Limit trans fats in packaged, processed foods
- Limit sugar intake from baked goods and sugary drinks
- Eat more fruits, vegetables, high fiber breads & cereal
- Limit alcohol intake to no more than one drink per day

Risk factors you can control

- Smoking and exposure to secondhand smoke
- High levels of blood fats: cholesterol and triglycerides
- High blood pressure (130/80 or above)
- Uncontrolled diabetes
- No physical activity
- Being overweight or obese
- Uncontrolled stress or anger
- Eating foods high in saturated fat and cholesterol
- Drinking too much alcohol

Sources: The American Heart Association (heart.org) accessed 1.19.2018



Be more physically active

- Limit the time you spend on a computer or watching TV
- Schedule time each day for being active
- Ask a friend or relative to be your activity partner
- Check with your doctor before starting an exercise program

Take medications as prescribed

- Talk to your doctor if you can't afford your medication
- Talk to your doctor or pharmacist if you don't understand how to take your medicine

Control stress and anger

Contact our Disease Management department at **740.695.7644** for more information.

