

Coronary Artery Disease

Everything You Need to Know

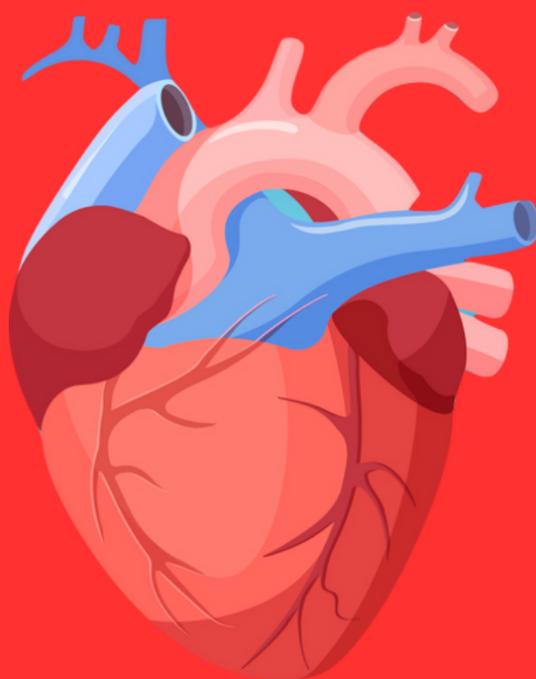


About 5%

About 1 in 20 adults over the age of 20 have Coronary Artery Disease (CAD). It is one of the most common types of heart disease.

What is CAD?

Coronary Artery Disease is a common term for the buildup of plaque in the heart's arteries that could lead to heart attacks or ischemic strokes. Plaque grows within the walls of coronary arteries until the blood flow to the heart's muscle is limited, which prevents oxygen from reaching the muscle, this is called ischemia. It may be chronic (gradually narrowing over time) or acute (rapid build up of plaque). For most, plaque buildup starts in childhood and worsens with age.



Signs of CAD

Warning Signs include chest pain, shortness of breath, palpitations, and fatigue

How to Reduce Your Risk of CAD

Active Lifestyle

Exercise for 150 minutes per week through moderately intense aerobic exercise



Walking at a pace which increases your pulse, jogging, swimming, biking, weight training

Good Nutritional Intake

Eat a well balanced diet using healthy food choices



Fruits, vegetables, lean meats (chicken, fish), nuts, seeds, legumes, avoiding frozen meals, lunch meats, high fat and high sodium foods

Weight Management

Using the first two steps of eating healthy and exercising regularly, weight can be properly managed



Exercising regularly, eating healthy foods, managing chronic conditions such as diabetes

Learn more at www.heart.org