

Coronary Artery Disease

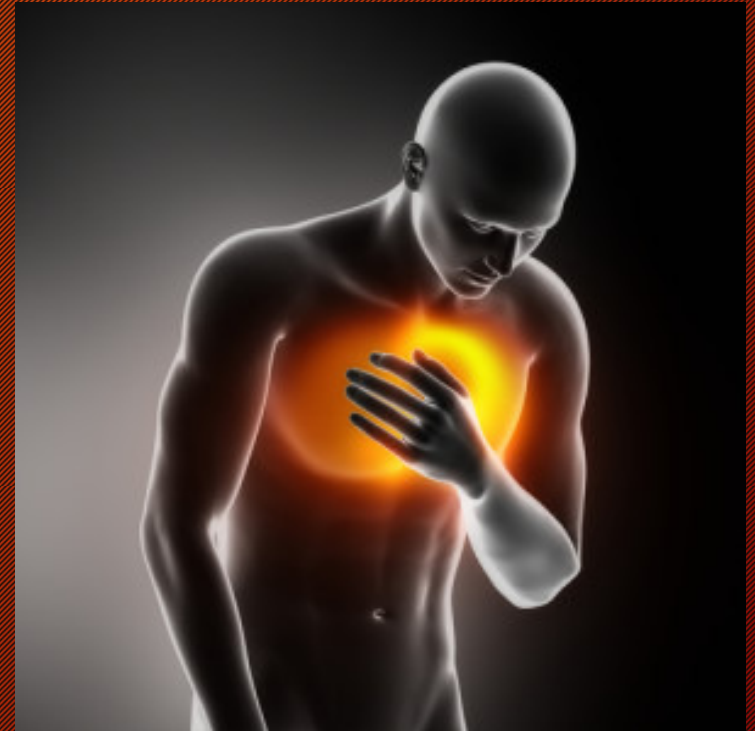
What you should know

What is coronary artery disease?

- Coronary artery disease (CAD) is a narrowing of the coronary arteries, which are the arteries that supply blood to the heart.
- It is the most common type of heart disease.
- CAD kills more than 370,000 people annually.
- CAD can lead to chest pain, heart attack, heart failure, and arrhythmias.

What are the signs?

- Shortness of breath
- Increased fatigue
- Chest pain and/or tightness
- Nausea/Vomiting



How can I prevent it?

- Don't smoke or quit smoking
- Adopt a heart healthy diet
- Exercise regularly
- Manage your stress
- Achieve a healthy weight
- Know and control your blood pressure and cholesterol levels



How is it treated?

- Lifestyle changes such as increased exercise, dietary changes, smoking cessation.
- Medications for high cholesterol and high blood pressure
- Diabetes control (if you have diabetes)
- Surgical repair through angioplasty or CABG (Coronary artery bypass graft) surgery.

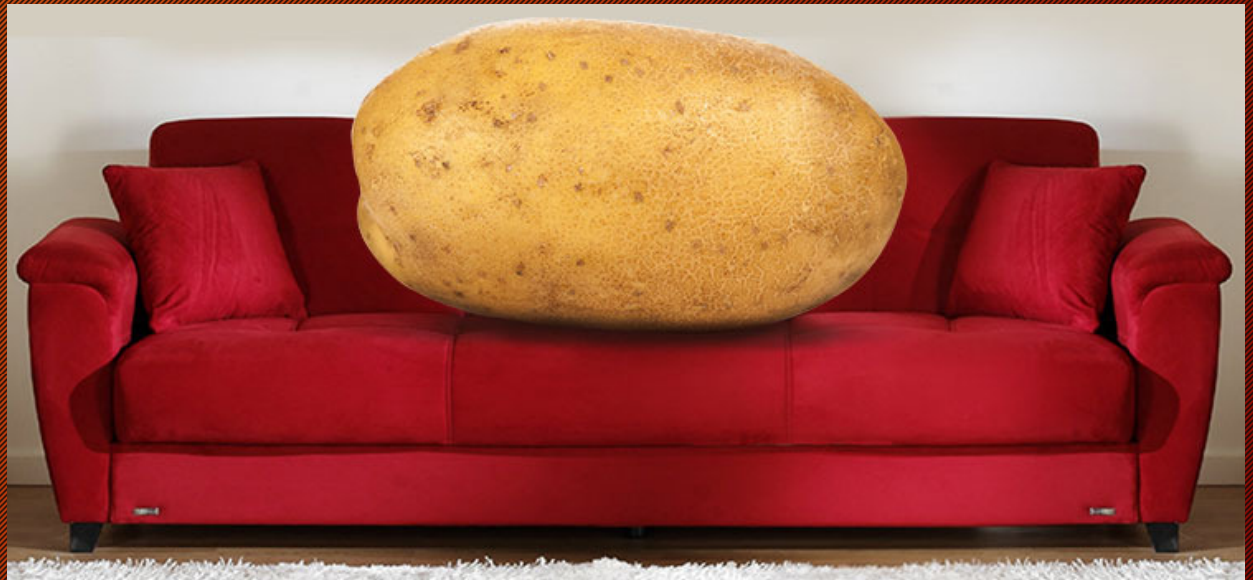
What is cholesterol?

- Cholesterol is a fat-like substance in your blood. Too much cholesterol can clog arteries and lead to heart attack or stroke.
- LDL = “bad” cholesterol
- HDL = “good” cholesterol
- $\text{HDL} + \text{LDL} + \text{triglycerides}/5 = \text{Total cholesterol}$



What causes high cholesterol?

- Being overweight
- Being inactive
- Poor diet
- Family history
- Increased age

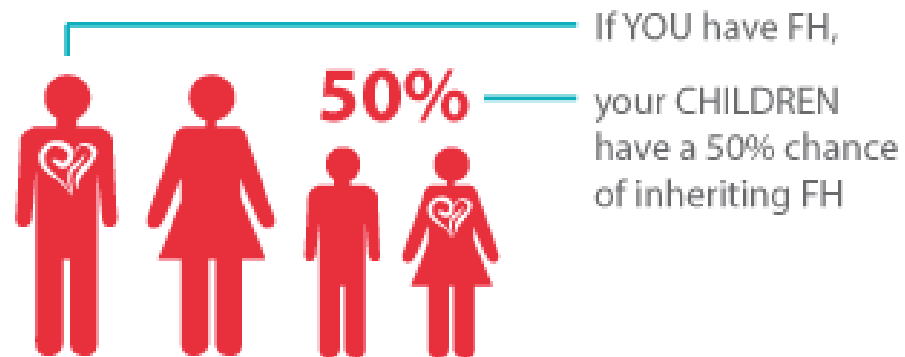


How is high cholesterol treated?

- Eating a heart healthy diet
 - HDL raising foods: olive oil, avocado, walnuts
 - LDL and triglyceride lowering foods: oatmeal, apples, oranges, salmon, and tofu
 - LDL raising foods: egg yolks, fatty meats, shellfish, dairy products, and processed foods
 - Triglyceride raising foods: excessive alcohol, sugars, and animal products
- Exercise
- Lose weight
- Don't smoke
- Cholesterol-lowering medications

What is familial hypercholesterolemia?

- Familial hypercholesterolemia (FH) is an inherited disorder. People with FH are born with abnormally high levels of LDL (“bad” cholesterol).
- FH runs in families.

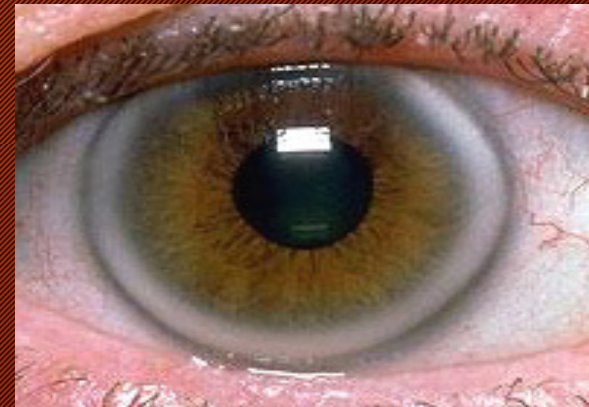


What are the complications?

- Early cardiac events
 - Men with untreated FH have a 50% chance of having a cardiac event by age 50.
 - Women with untreated FH have a 30% chance of having a cardiac event by age 60.
- Higher risk of heart attack and stroke
- Increased risk of early death

What are the signs and symptoms?

- Very high LDL cholesterol at a young age
 - >160 mL/dL in kids
 - >190 mL/dL in adults
- Nodules or raised bumps on the skin of tendons or eyelids
- White ring around the cornea of the eye



How to treat it?

- Medications that lower cholesterol
- Diet, exercise, and lifestyle changes
- Therapy that removes LDL from the bloodstream
- Continuous monitoring by a physician

