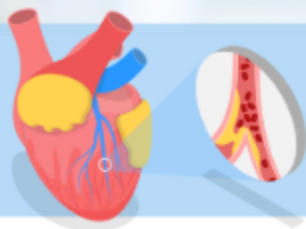


# Coronary Artery Disease (CAD)



CAD is a narrowing of the coronary arteries that supply blood and oxygen to the heart.

These coronary artery plaques can develop slowly over time to produce a severe artery obstruction, which may lead to chest pressure or discomfort. Plaque may also rupture suddenly, causing a blood clot to form which may completely obstruct a coronary artery.

**Heart attacks are caused by blockages or plaque in the coronary arteries and are the #1 cause of death in the United States.**

Normal Artery

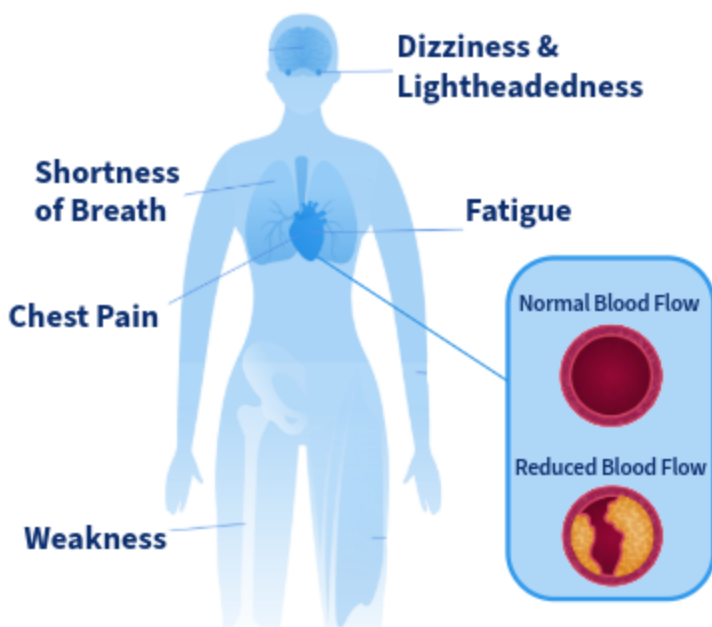


Narrowing of Artery



Risk factors for atherosclerosis and CAD include age greater than 50, smoking, hypertension, diabetes, and high cholesterol. But many patients without these risk factors may develop heart disease as well due to inflammation inside the coronary arteries.

## Common Symptoms:



## HOW TO REDUCE YOUR RISK OF CAD

### An Active Lifestyle

150 minutes of moderate intensity aerobic exercise a week is a great start



Running, swimming, walking, engaging in low impact exercises all help promote a healthy lifestyle.

### Reduce Cholesterol Levels

A balanced diet that provides you with a variety of nutrients is essential



Look for Heart-Check Certified Foods to help guide your grocery choices!

### Weight Management

Eating smart and staying active are key to managing one's weight



Improved energy levels, and higher-quality of life are both benefits of a healthy weight.



Heart and Vascular Care

678-513-2273

Learn More

