CORONARY ARTERY DISEASE
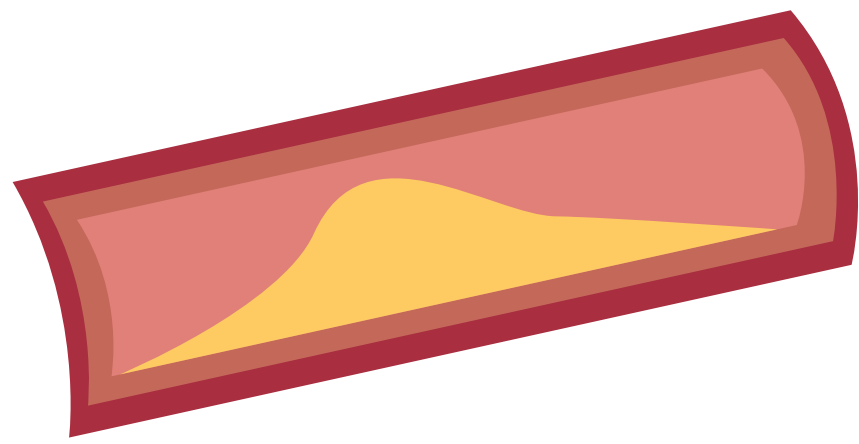
CardioSmart
AMERICAN COLLEGE of CARDIOLOGY®

What is CORONARY ARTERY DISEASE?

CAD is a **NARROWING OF THE CORONARY ARTERIES** that supply blood and oxygen to the heart.

It can lead to **CHEST PAIN, HEART ATTACK, HEART FAILURE & HEART RHYTHM** problems.

It is **THE MOST COMMON TYPE** of heart disease.

It **KILLS 370,000+** people annually.
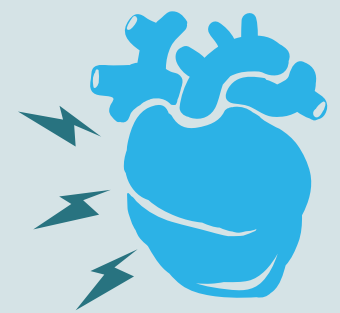
KNOW THE SIGNS

Shortness of breath

Fatigue YAWN!

Chest pain

Nausea/vomiting

Even heart attack

How to PREVENT it

Don't smoke

Adopt a heart-healthy eating plan

Manage stress

Exercise regularly
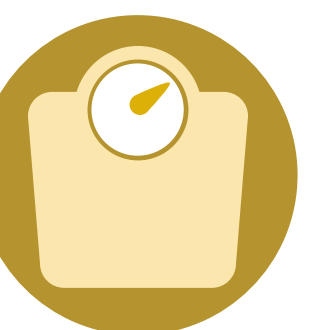
Get to a healthy body weight

Know your numbers
187
98

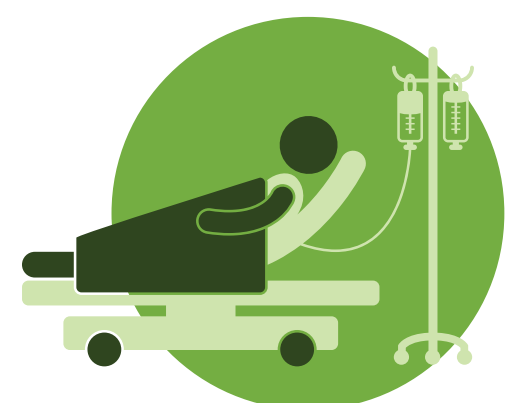## How to TREAT it

Lifestyle changes

Medications for high cholesterol, high blood pressure
Rx

Keep your diabetes (if you have it) controlled
5.6

Procedures/Surgeries such as angioplasty or coronary bypass surgery

For more information, visit *CardioSmart.org/CAD*

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