WHAT IS CORONARY ARTERY DISEASE (CAD)?

Coronary artery disease, or CAD, happens when cholesterol-containing deposits (plaque) build up on the inner walls of coronary arteries over time. This causes the arteries to harden and narrow, which decreases blood flow to the heart. As a result, your heart doesn’t get the blood, oxygen and nutrients it needs, which can lead to chest pain or other symptoms. In some cases, it can lead to a heart attack which is caused when the heart muscle dies because of the absence of blood flow.1

The build-up of plaque can be attributed to poor lifestyle habits such as smoking and obesity, but it can also be caused by things that cannot be avoided, such as aging or a family history of heart disease.

COMMON SYMPTOMS OF CAD FOR WOMEN

While many people feel heart disease symptoms during stress, physical activity or even at rest, it is important to note that women often do not exhibit the same symptoms as men when having a heart attack.

64%
OF WOMEN WHO DIE SUDDENLY OF CORONARY HEART DISEASE HAD NO PREVIOUS SYMPTOMS3,5

If you feel these signs, seek help from a health care provider immediately.

60 DEATHS PER HOUR
In the U.S., one woman dies every minute from heart disease

20% INCREASE
It doesn’t just happen to older people; for younger women, the combination of birth control pills and smoking boosts heart disease risks by 20%
REDUCING YOUR RISKS

There are things you can do to reduce the risk of having a heart attack, like quitting smoking, taking steps to lower cholesterol, exercising regularly, keeping diabetes and high blood pressure under control and seeing your doctor regularly.

QUESTIONS TO ASK YOUR DOCTOR

If you are experiencing any of the symptoms or know that you have certain risk factors, here are some questions you can ask your doctor to help you get access to the care you may need.

• Could I have a heart problem?
• What caused my heart problem?
• What treatments do I need? What are the side effects?
• What should I do if my symptoms get worse quickly?
• What can I do to prevent this from getting worse or having a heart problem again?
• Should I eat different foods?
• How will this affect my day-to-day activities, such as working, or caring for my children or grandchildren?
• What can I do to feel less stress and worry?
• How often do I need to come in for an office visit?

SOURCES:
1. NIH: National Heart, Lung, and Blood Institute

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