

BETTER HEALTH 4 YOU

SMART LOCAL 36 BENEFIT FUND

BLOOD PRESSURE, CHOLESTEROL, HEART DISEASE

Coronary Heart Disease

What are the coronary arteries?

Coronary arteries supply blood to the heart muscle. Like all other tissues in the body, the heart muscle needs oxygen-rich blood to function, and oxygen-depleted blood must be carried away. The coronary arteries run along the outside of the heart and have small branches that supply blood to the heart muscle.

Why are the coronary arteries important?

Since coronary arteries deliver blood to the heart muscle, any coronary artery disorder or disease can have serious implications by reducing the flow of oxygen and nutrients to

the heart, which may lead to a heart attack and possibly death. Atherosclerosis (a buildup of plaque in the inner lining of an artery causing it to narrow or become blocked) is the most common cause of heart disease.

Treatment for coronary heart disease

Specific treatment will be determined by your doctor based on:

- Your age, overall health, and medical history
- Extent of the disease
- Your tolerance for specific medications, procedures, or therapies
- Expectations for the course of the disease
- Your opinion or preference

life span. This thickening, called atherosclerosis, narrows the arteries and can decrease or block the flow of blood to the heart.

What is coronary artery disease?

Coronary heart disease, or coronary artery disease (CAD), is characterized by the accumulation of fatty deposits along the innermost layer of the coronary arteries. The fatty deposits may develop in childhood and continue to thicken and enlarge throughout the

HEART HEALTHY RECIPE

CREAM OF BROCCOLI SOUP

1 CUP POWDERED NONFAT MILK

2 TBS. CORNSTARCH

4 CUPS COLD WATER

2 TBS. LOW-SODIUM CHICKEN BOUILLON POWDER

1-2 TSP. DRIED BASIL

1 ONION CHOPPED (1 CUP)

3 CUPS FRESH BROCCOLI OR 10 OUNCES FROZEN, CHOPPED

DISSOLVE POWDERED MILK AND CORNSTARCH IN COLD WATER. ADD BOUILLON POWDER, BASIL, ONION, AND BROCCOLI. BRING TO A BOIL. REDUCE HEAT AND SIMMER UNTIL BROCCOLI AND ONION ARE SOFT, ABOUT 5-7 MINUTES

SERVES 6



Each 1-cup serving contains approximately 84 calories, 17 g carbohydrates, 5 g protein, less than 1 g fat, 82 mg sodium, and 2g fiber.

The American Heart Association estimates that over 16 million Americans suffer from coronary artery disease--the number one killer of both men and women in the U.S.

What are the risk factors for coronary artery disease?

Risk Factors for CAD often include:

Smoking

High LDL, high triglycerides, and low HDL

High blood pressure

Physical inactivity

Obesity

High saturated fat diet

Diabetes

Controlling risk factors is the key to preventing illness and death from CAD.

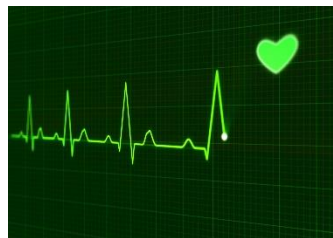
What are the symptoms of coronary artery disease?

The symptoms of coronary heart disease will depend on the severity of the disease. Some people with CAD have no symptoms, some have episodes of mild chest pain or angina, and some have more severe chest pain.

If too little oxygenated blood reaches the heart, a person will

experience chest pain called angina. When the blood supply is completely cut off, the result is a heart attack, and the heart muscle begins to die. Some people may have a heart attack and never recognize the symptoms. This is called a "silent" heart attack. When symptoms are present, each person may experience them differently. Symptoms of coronary artery disease may include:

- Heaviness, tightness, pressure, and/or pain in the chest behind the breastbone
- Pain radiating in the arms, shoulders, jaw, neck, and/or back
- Shortness of breath
- Weakness and fatigue



How is coronary artery disease diagnosed?

In addition to a complete medical history and physical examination, diagnostic procedures for coronary artery disease may include any, or a combination of the following:

- **Electrocardiogram (ECG or EKG).** A test that records the electrical activity of the heart, shows abnormal rhythms (arrhythmias or dysrhythmias), and detects heart muscle damage.
- **Stress test (also called treadmill or exercise ECG).** A test that is given while a patient walks on a treadmill to monitor the heart during exercise. Breathing and blood pressure rates are also monitored. A stress test may be used to detect coronary artery disease, and/or to determine safe levels of exercise following a heart attack or heart surgery.
- **Cardiac catheterization.** With this procedure, X-rays are taken after a contrast agent is injected into an artery to locate the narrowing, occlusions, and other abnormalities of specific arteries.
- **Nuclear scanning.** Radioactive material is injected into a vein and then is observed using a camera as it is taken up by the heart muscle. This indicates the healthy and damaged areas of the heart.

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Call me anytime with questions

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