

ATHEROSCLEROSIS AND CORONARY ARTERY DISEASE:

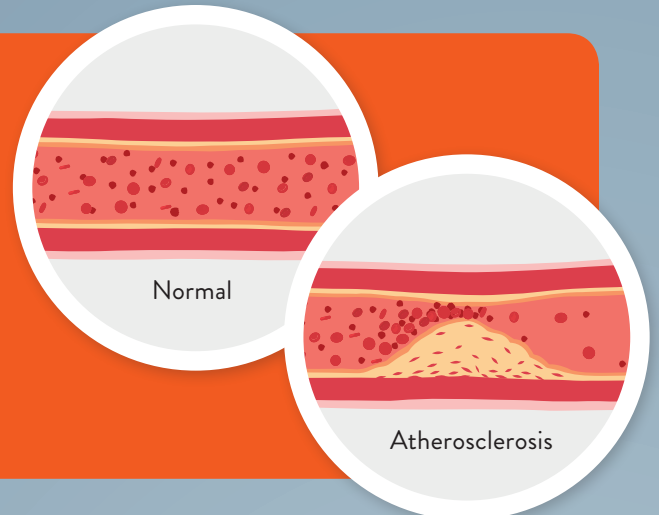
A LOOK INSIDE YOUR ARTERIES

THEY MAY BE TINY, BUT ONE BLOCKAGE CAN CAUSE BIG PROBLEMS

ATHEROSCLEROSIS

[ath-uh-roh-skluh-roh-sis]

The buildup of plaque (fat, calcium and cholesterol deposits) inside artery walls that narrows the artery and restricts blood flow.



ATHEROSCLEROSIS CAN LEAD TO:

Reduced blood flow to organs and other tissue

Angina (chest pain)

Heart attack

Stroke

Death

RISK FACTORS



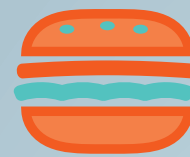
Age



Family history of heart disease



Smoking



Poor diet



Lack of physical activity

UNAWARE

Many people don't know they have atherosclerosis until they have a medical emergency, such as a heart attack or stroke.

HOW TO PREVENT PLAQUE BUILDUP IN YOUR ARTERIES

- **DON'T SMOKE.** And avoid secondhand smoke as best you can.
- **CHOOSE A HEART-HEALTHY DIET.** Limit sodium, sugar, saturated and trans fats, and refined grains. Opt for fruits, vegetables, lean meats, fish, whole grains and low-fat dairy.
- **MOVE MORE.** Intentionally exercise for at least 30 minutes per day. In between, get up and move around as often as possible.
- **KEEP YOUR WEIGHT UNDER CONTROL.** If you're having difficulty losing weight, talk to your doctor about weight-loss resources, including meeting with a dietitian.
- **LIMIT ALCOHOL INTAKE.** If you don't already drink, it's advisable not to start, and to consult your doctor on the benefits and risks of consuming alcohol in moderation.

TREATMENT FOR NARROWED ARTERIES:

- Lifestyle changes
- Medication
- Surgery
- Angioplasty
- Angioplasty plus stent placement