

Frequently Asked Questions: Coronary Artery Disease

**CORONARY
HEART DISEASE**

Q: What is coronary artery disease (CAD)?

A: Coronary artery disease occurs when blood vessels that supply blood to the heart become narrowed or blocked by fatty deposits called plaque, or atherosclerosis. The flow of oxygen-rich blood to the heart may then be slowed.

Q: What are risk factors for developing CAD?

A: Risk factors include:

- Smoking
- Unhealthy cholesterol levels
- High blood pressure
- High blood sugar
- Overweight or obese
- Unhealthy eating habits or being inactive
- Family history of the disease
- Sleep apnea
- Stress
- Alcohol abuse

Q: What are the symptoms of CAD?

A: Many people with CAD do not have symptoms. When symptoms do happen, here are some examples you may experience:

- Chest pain or chest discomfort (angina)
- Shortness of breath
- Irregular or quickening heartbeats
- Light-headedness, dizziness, feeling tired, or extreme weakness
- Nausea, vomiting, or a cold sweat

If you have chest pain or any of these symptoms, **call 911 right away**. This could be the sign of a heart attack. If you have a history of angina, talk with your doctor during your regular office visit to learn what actions you should take if you have chest pain and when you should seek emergency care.

Q: How is CAD treated?

A: Prevent, delay, or treat CAD with the following lifestyle changes:

- Quit smoking
- Eat a heart-healthy diet
- Increase your level of physical activity
- Reach and maintain a healthy weight
- Look for ways to reduce or better manage stress

Depending on your diagnosis, your doctor also might prescribe medicine to treat or manage its risk factors or suggest a medical procedure, such as angioplasty (which opens narrowed or blocked arteries). Please talk with your doctor which treatment fits your needs.

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ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-800-956-8000.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-800-956-8000。

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