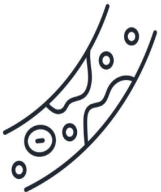


# What is Coronary Artery Disease ?



## Definition



### What Is Coronary Artery Disease?

Coronary artery disease (CAD) called also ischemic heart disease is a narrowing or blockage of your coronary arteries, which supply oxygen and nutrition-rich blood to your heart. This happens because, over time, fat-rich plaque buildup in these arteries limiting how much blood can reach your heart.

## Types



### What Are The Types Of Coronary Artery Disease ?

**Stable ischemic heart disease (SIHD):** This is the chronic form. Your coronary arteries gradually narrow over many years. Over time, your heart receives less oxygen-rich blood. You may feel some symptoms, but you are able to live with the condition day to day.

**Acute coronary syndrome (ACS):** This is the sudden form that is a medical emergency. The plaque in your coronary artery is so tight that your symptoms worsen over time causing Unstable Angina (UA) or a heart attack called Non-ST Elevation Myocardial Infarction (NSTEMI) or suddenly ruptures and forms a blood clot that blocks blood flow to your heart causing a major heart attack or ST Elevation Myocardial Infarction (STEMI).

## Symptoms



### How Does Coronary Artery Disease Present ?

Stable angina  
Shortness of breath (dyspnea):  
Heart attack  
Palpitations secondary to arrhythmia.  
Passing out and dizziness  
Congestive Heart Failure  
Sudden death.

## Risk Factors



### What Are The Risk Factors For Coronary Artery Disease ?

Being older than 45 for men and over 55 for female.	High blood pressure.
Family history of CAD	Dyslipidemia
Autoimmune diseases like lupus and rheumatoid arthritis.	Anemia.
Endometriosis, use of hormonal birth control.	Unhealthy Eating.
Not exercising enough.	Chronic kidney disease.
Smoking tobacco or using recreational drugs.	Sleep disorder.
Diabetes or gestational diabetes.	HIV/AIDS.
Early menopause.	Obesity

## Consequence



## Consequences Of Coronary Artery Disease ?

The main complication of coronary artery disease is a heart attack. This is a medical emergency that can be fatal.

Over the years, CAD can also weaken your heart and lead to complications:

Arrhythmias (like Atrial Fibrillation).

Cardiac arrest (often secondary to arrhythmia like ventricular tachycardia or fibrillation).

Cardiogenic shock.

Heart failure.

valvular disease

Death

## Treatment



## How Do We Manage Coronary Artery Disease ?

Coronary artery disease treatment often includes lifestyle changes, risk factor management and medications. Some people may also need a procedure or surgery.

1. Lifestyle changes:

Don't smoke, vape or use any tobacco products.

Eat heart-healthy foods like the Mediterranean diet.

Exercise: at least 30 minutes of walking 5-7 days a week.

Limit alcohol intake.

2. Managing risk factors:

Diabetes.

High blood pressure.

High cholesterol.

High fat in the blood (Hypertriglyceridemia)

Obesity (BMI higher than 25).

3. Medications:

Lower your blood pressure, Heart rate and decrease oxygen consumption.

Lower your cholesterol and decrease the inflammation inside the vessels.

Manage stable angina, like nitroglycerin and ranolazine.

Reduce your risk of blood clots.

4. Procedures and surgeries

Percutaneous coronary intervention (PCI): This minimally invasive procedure where a stent is inserted to help your artery stay open.

Coronary artery bypass grafting (CABG): This surgery creates a new path for your blood to flow around blockages.