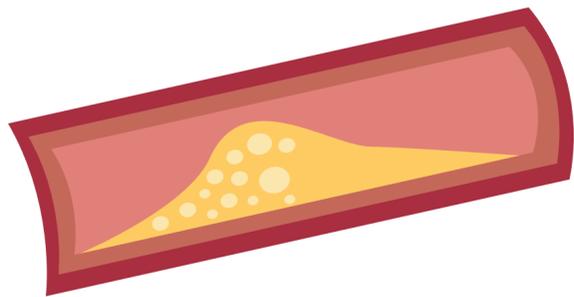


What is **CORONARY ARTERY DISEASE?**



➤ CAD is a **NARROWING OF THE CORONARY ARTERIES** that supply blood and oxygen to the heart.

It can lead to **CHEST PAIN, HEART ATTACK, HEART FAILURE & HEART RHYTHM** problems.

It is **THE MOST COMMON TYPE** of heart disease.

It **KILLS 370,000+** people annually.

KNOW THE SIGNS



Shortness of breath



Fatigue



Chest pain



Nausea/vomiting



Even heart attack

How to **PREVENT** it

Don't smoke



Adopt a heart-healthy eating plan



Manage stress

Exercise regularly



Get to a healthy body weight



Know your numbers

How to **TREAT** it

Lifestyle changes



Medications for high cholesterol, high blood pressure



Keep your diabetes (if you have it) controlled

Procedures/Surgeries such as angioplasty or coronary bypass surgery



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

➤ For more information, visit CardioSmart.org/CAD

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