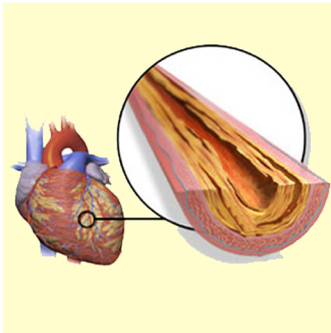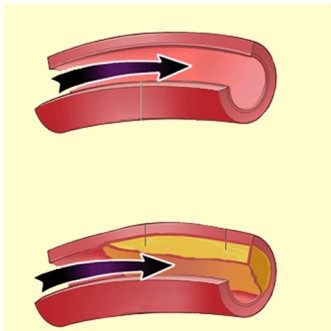# Coronary Heart Disease

Coronary heart disease is a disease of the heart and the arteries.
Arteries are like tubes that carry blood around your body.

Coronary heart disease happens when your arteries get blocked and the flow of blood slows down or stops.

R.I.P

Coronary heart disease is the biggest cause of death for men and women in the UK, Northern Europe and North America.

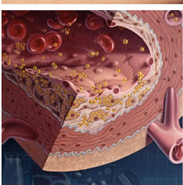# What causes Coronary Heart Disease?

Getting older.

A family history (having other family members with coronary heart disease).
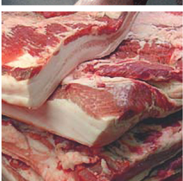
Diabetes.

High cholesterol (a type of fat that can block your arteries).

High blood pressure (this makes your heart work too hard).

Smoking.

Eating a diet high in fat – especially the fat that comes from animals (saturated fat).

Being overweight.

What are the symptoms?

Chest pains that spread down the left arm (called angina).

Chest pain that starts if you are doing something like walking, running or playing a sport.

Feeling out of breath.

Swelling of the ankles, feet and legs.

Coronary heart disease may lead to a heart attack, heart failure or death without any symptoms.

Heart Attacks

 A heart attack is when not enough blood
gets to your heart and part of the muscle dies.

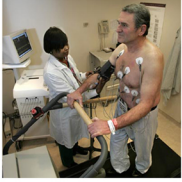Heart attacks can cause death.

Heart failure is when your heart can't pump enough blood
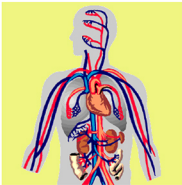around your body.

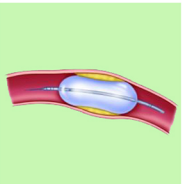If you have a heart attack you will need to go to a hospital.

# Tests and treatment for Coronary Heart Disease

Electrocardiogram (ECG) - The doctors will test your heart with a machine while you do some exercises – it may tell them if something is wrong with your heart.

Coronary Angiogram - A doctor will put some coloured water into your arteries to see if they are blocked.

Angioplasty – a small balloon is blown up inside the blocked artery.
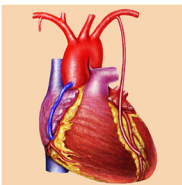
A bypass – a blocked artery is replaced by a healthy one from somewhere else inside your body.

Medicines - nitrates, beta blockers and calcium channel blockers – these make your arteries wider so that the blood can flow better.

How to prevent heart disease

Eat a healthy diet with lots of fresh fruit and vegetables.

Cut down on the amount of fatty food that you eat.

Cut down on the amount of salt that you eat.

Take regular exercise like swimming or walking.
Check with your doctor first to make sure it is safe for you to exercise.

Have your blood pressure checked regularly.

Have your cholesterol levels checked
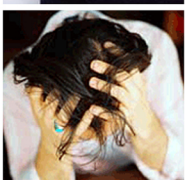(the fat in your blood).

Stop smoking.

Don't drink too much alcohol.

Stay a healthy weight.

Don't get too stressed.

Useful contacts

Women's Health Concern
www.womens-health-concern.org
01628 478 473

The British Heart Foundation
www.bhf.org.uk
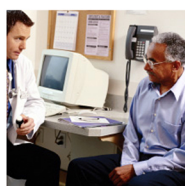08450 70 80 70

easyhealth.org.uk

Useful Information

Easyhealth has worked with Women's Health Concern to make this information.

People with learning disabilitites have worked with Easyhealth to make sure this information is easy to understand.

If you are worried about your health it is important to speak to a health professional like a doctor.
A health professional will be able to explain it in more detail.

You can also call NHS Direct on 0845 4647.

For more information about EasyHealth call 020 8879 6333, or visit our website www.easyhealth.org.uk

easyhealth.org.uk