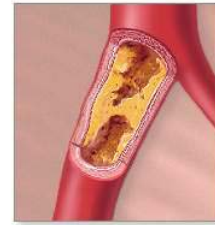


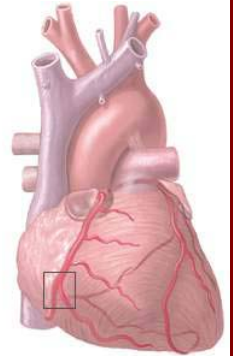
WHAT IS CORONARY HEART DISEASE?

Coronary heart disease (CHD) is also called coronary artery disease (CAD), is the most common type of heart disease.

CHD develops when one or more of the coronary arteries (arteries that supply blood to the heart muscles itself) becomes narrow. This results from a buildup of cholesterol. This buildup decreases the blood flow to the heart muscle.



Blockage in right coronary artery



What can happen?

As coronary heart disease develops, damage to the heart occurs and the following conditions may develop:

- **Angina.** When the heart is not getting enough oxygen, a person may feel pain or discomfort in the chest. This is known as angina. Symptoms of angina include:
 - Discomfort or pressure felt in the chest.
This can range from a vague ache to a crushing sensation.
 - Pain or pressure in the left arm, shoulder, or throat.
 - Difficulty catching your breath.
- **Heart Failure.** Heart failure occurs when a weakened heart cannot pump efficiently. Fluid builds up in the ankles, legs, and lungs.
- **Heart Attack.** If blood flow to any part of the heart is completely blocked, the cells in that part of the heart begin to die. This causes a heart attack. Symptoms of a heart attack can include:
 - Pain or pressure in the chest, shoulders or arms (most commonly on the left side), neck or lower jaw
 - Shortness of breath
 - Weakness
 - Rapid heart beat
 - Lightheadedness or faintness
 - Profuse sweating
 - Nausea or vomiting

IF THESE SYMPTOMS OCCUR, GET HELP FAST.

CALL 911 RIGHT AWAY!