

FAST FACTS

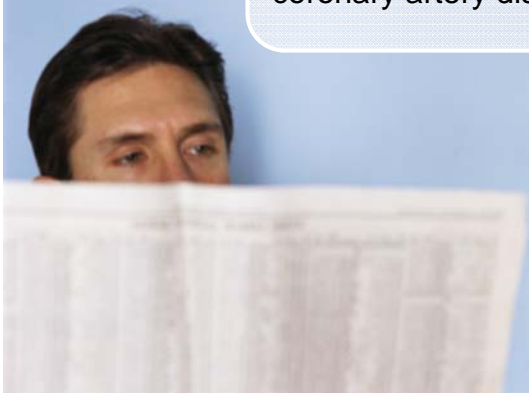


Coronary Artery Disease is the leading cause of death for men and women in the U.S.

Common symptoms include angina (chest pain) and shortness of breath

Some people have no symptoms of coronary artery disease

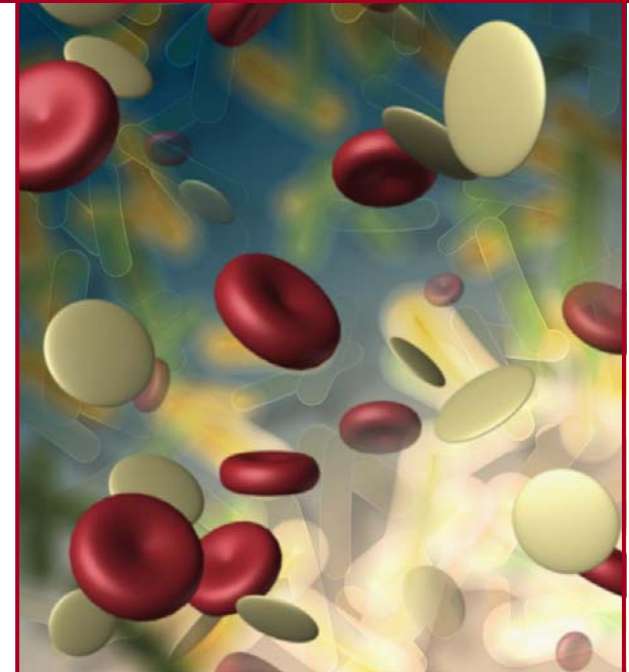
Lifestyle change and medication can delay the progression of coronary artery disease



101 S.E. Third Street
Evansville, IN 47708



**DISEASE
MANAGEMENT
LINK** *to Better Health*



Cardiovascular Health

*Providing support to help
you better manage
your health & well-being.*

By



TIPS FOR A HEALTHY HEART

What is Coronary Artery Disease?

Coronary Artery Disease (C.A.D.) has several names. Atherosclerosis, coronary heart disease, hardening of the arteries, narrowing of the arteries, heart disease, and ischemic heart disease all refer to C.A.D., a condition in which plaque builds up in the coronary arteries. When this occurs, oxygen rich blood supply to the heart is impaired, leading to weakness and damage. Plaque is made up of fat, cholesterol, calcium, and other substances found in blood.

What Causes it?

C.A.D. is caused by plaque formation in the coronary arteries. Smoking, high cholesterol, high blood pressure, and diabetes all contribute to artery wall damage. Many lifestyle choices can speed the onset or progression of C.A.D. These include lack of physical activity, consuming a high fat diet, smoking, obesity, and poorly controlled diabetes and cholesterol. Changing these behaviors can reduce your risk. Other risk factors include family history, age, and ethnicity.

What is the Treatment?

Prevention of Coronary Artery Disease occurs with control of risk factors. The goal of treatment is to relieve symptoms, reduce risk factors, decrease the risk of blood clot formation which can lead to heart attack, widen or bypass clogged arteries, and prevent complications. Treatments include lifestyle change, medication, and medical procedures. Routine screening is crucial in monitoring the disease and altering treatment as needed.



**YOUR HEART...
YOUR LIFE LINE**



Welborn Health Plans Disease Management

For questions about Coronary Artery Disease or other disease states, call Welborn Health Plans Disease Manager at 800-521-0265.

If you wish to discontinue receipt of educational material, please call 800-521-0265.

This publication is not meant to replace the care or advice of your primary care provider.



101 S.E. Third Street
Evansville, Indiana 47708

Phone: 800-521-0265
Fax: 812-773-0589

welbornhealthplans.com