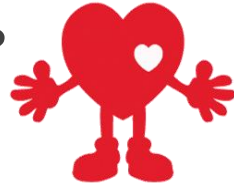


Risk Factors for Coronary Artery Disease



What Is Coronary Artery Disease (CAD)?

Your coronary arteries normally provide blood to your heart; when you have CAD, these arteries become smaller or narrower because of cholesterol buildup on the insides of the artery wall. As a result of this narrowing, you can either develop partial or complete blockage. CAD is the leading cause of death in the United States. According to the American Heart Association, more than 700 million American lives have experienced a heart attack. This is a terrible message! Some of the risk factors can *and* should be controlled! It's important to know about them!

What are the Risk Factors for Heart Disease?

<u>Uncontrollable Risk Factors</u>	<u>Controllable Risk Factors</u>
<ul style="list-style-type: none"> • Age • Family History • Gender (female) 	<ul style="list-style-type: none"> • Diabetes • High blood pressure • High cholesterol • Smoking • Poor diet • Limited physical activities

So What Can Be Done About the Risk Factors?

Research has shown that the risk of developing CAD can be reduced by:

- Keeping blood sugar level near normal ranges.
- Keeping blood pressure near normal levels.
- Keeping cholesterol levels near normal levels.

Know Your ABC's:

If you want to reduce your risk to coronary artery disease, it is important that you know your ABC's:

A – A_{1c}

B – Blood Pressure

C – Cholesterol

Research has found that reducing all three of the above can reduce your risk to CAD and is critical for long-term health. Make sure you keep your ABC's in check!

What Should I Do?

Targeted Problem	Recommendations
<p>Treat Diabetes</p> <p>Goal: Pre-Prandial 80-120mg/dL</p> <p>Bedtime 100-140mg/dL</p> <p>HbA1c <7% mg/dL</p> <p>Triglycerides <150mg/dL</p>	<p>Incorporate ADA diet:</p> <ul style="list-style-type: none"> ○ <30% fat ○ <10% saturated fat ○ 6-8% polyunsaturated fat ○ cholesterol <300mg/dL
<p>Treat Elevated Blood Pressure</p> <p>Goal: <120/80 mmHg</p>	<p>Your doctor may start you on medications if:</p> <ul style="list-style-type: none"> ○ initial blood pressure >160mmHg systolic or >100mmHg diastolic ○ remains 140/90mmHg after 3 months lifestyle modification ○ or diastolic BP 90-100mmHg in pregnant hypertensives
<p>Treat Cholesterol</p> <p>Goal:</p> <p>LDL:</p> <p>Low risk, no CAD: LDL <160mg/dL</p> <p>High risk, no CAD: LDL <130mg/dL</p> <p>With CAD: LDL ≤ 100mg/dL</p> <p>HDL >35mg/dL</p> <p>Triglycerides <200 mg/dL</p>	<p>Get your total and HDL cholesterol checked at least once every 5 years.</p> <p>Your doctor may start a “statin” if:</p> <ul style="list-style-type: none"> ≥220mg/dL (low risk, premenopausal) >190 mg/dL (low risk, postmenopausal) >160 mg/dL (high risk)
<p>Others:</p> <p><i>Smoking</i></p> <p><i>Physical Inactivity</i></p> <p><i>Stress/Anxiety</i></p> <p><i>Poor Nutrition/Obesity</i></p>	<p>Quit smoking.</p> <ul style="list-style-type: none"> ○ If you need help, speak to your doctor or pharmacist about what you can do. <p>Increase daily physical activity.</p> <ul style="list-style-type: none"> ○ 30-45 minutes of light exercise most days of the week. <p>Learn how to deal with stress positively.</p> <p>Improve your daily diet:</p> <ul style="list-style-type: none"> ○ Limit saturated fat & salt intake ○ Consumes more fruits & vegetables ○ Encourage diet low in saturated fat, high in fiber and use skim milk ○ Diet rich in antioxidant nutrients

REMEMBER, PREVENTION IS KEY!!!

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