

Atherosclerosis

The Heart



- Is a muscle about the size of your fist
- Weighs approximately one pound
- Is located behind and slightly to the left of the breastbone
- Pumps about 5 quarts (4.7 liters) of blood every minute

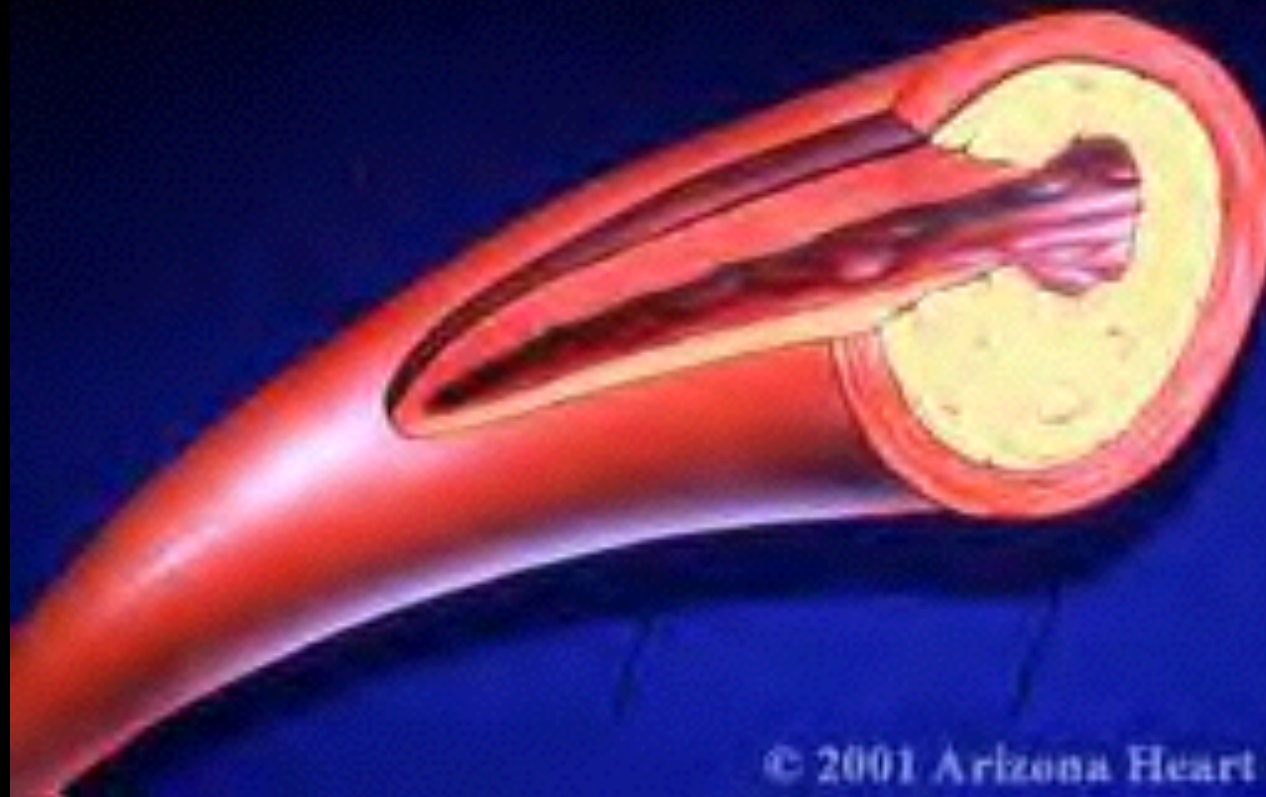
The function of the heart is to circulate blood throughout the body by:

- Pumping blood through the lungs removes carbon dioxide and refreshes the blood with oxygen
- The oxygenated blood is pumped to the body to provide oxygen and nutrients and to remove waste products.
- The coronary arteries are the blood vessels that supply blood and oxygen to the heart muscle.

Coronary Artery Disease

- Coronary artery disease is one of the most common and serious effects of aging. Fatty deposits build up in blood vessel walls and narrow the passageway for the movement of blood. The resulting condition, called atherosclerosis often leads to eventual blockage of the coronary arteries and a "heart attack".

Diseased Artery

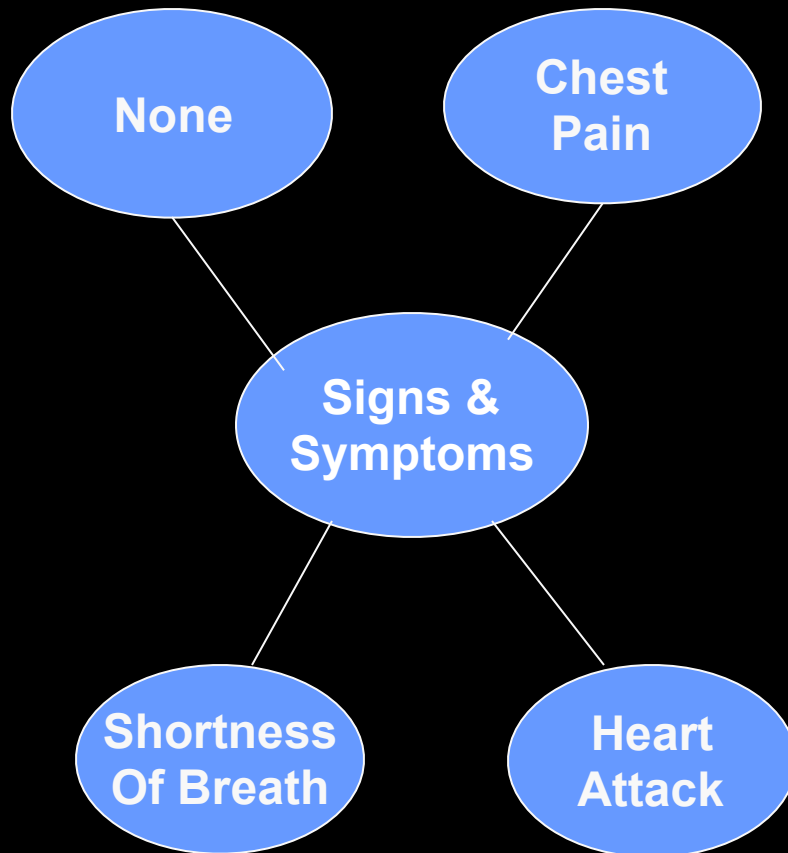


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Bet you didn't know....

- Since 1900, CVD has been the No. 1 killer in the United States every year but 1918.
- Nearly 2,600 Americans die of CVD each day, an average of 1 death every 33 seconds.
- CVD claims more lives each year than the next 5 leading causes of death combined, which are cancer, chronic lower respiratory diseases, accidents, diabetes mellitus, influenza and pneumonia.
- Almost 150,000 Americans killed by CVD each year are under age 65.

Signs and Symptoms

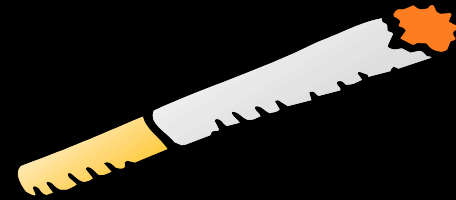
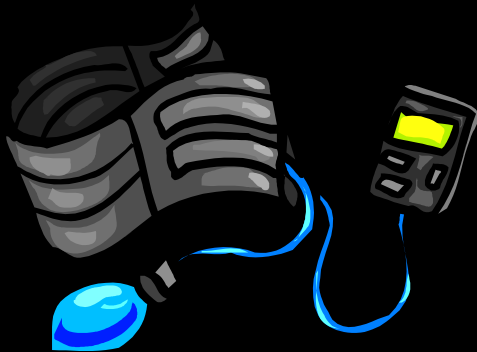


- **None:** This is referred to as silent ischemia. Blood to your heart may be restricted due to CAD, but you don't feel any effects.
- **Chest pain:** If your coronary arteries can't supply enough blood to meet the oxygen demands of your heart, the result may be chest pain called angina.
- **Shortness of breath:** Some people may not be aware they have CAD until they develop symptoms of congestive heart failure- extreme fatigue with exertion, shortness of breath and swelling in their feet and ankles.
- **Heart attack:** Results when an artery to your heart muscle becomes completely blocked and the part of your heart muscles fed by that artery dies.

Causes



- High blood cholesterol
- High blood pressure
- Smoking
- Obesity
- Lack of physical activity



Risk Factors

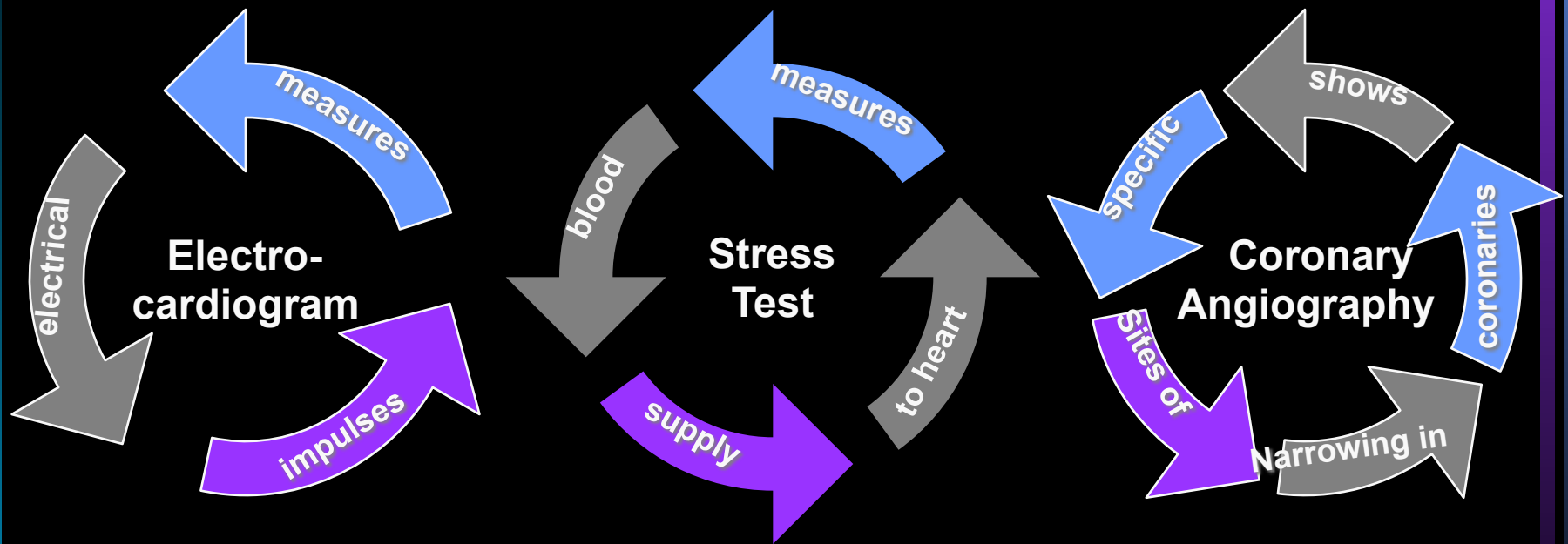
Uncontrollable

- Sex
- Hereditary
- Race
- Age

Controllable

- High blood pressure
- High blood cholesterol
- Smoking
- Physical activity
- Obesity
- Diabetes
- Stress and anger

Screening and Diagnosis



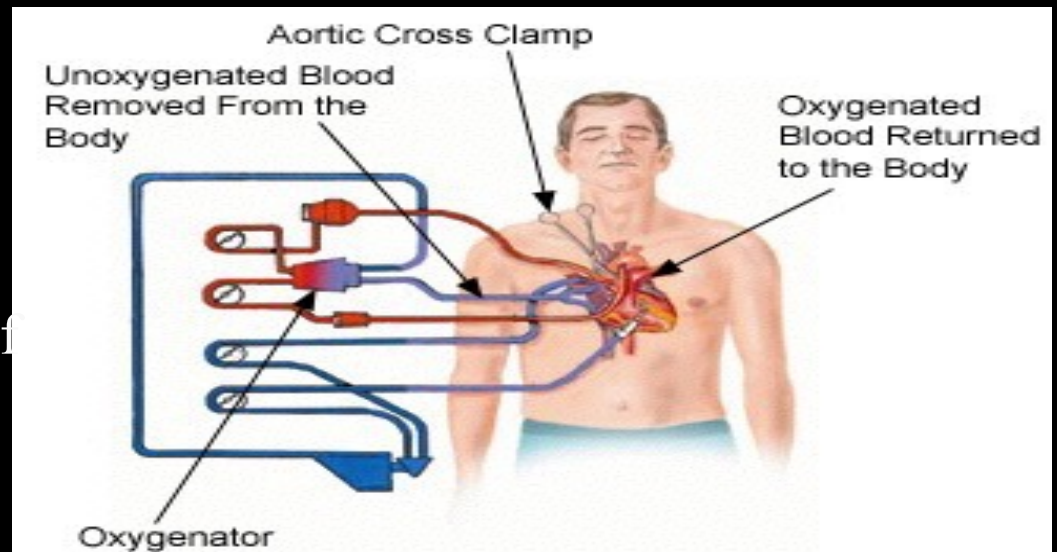
Treatment

- Many people are able to manage coronary artery disease with lifestyle changes and medications.
- Other people with severe coronary artery disease may need angioplasty or surgery.

Treatment (continued)

3) Bypass surgery

- healthy blood vessel is removed from leg, arm or chest
- blood vessel is used to create new blood flow path in your heart
- the “bypass graft” enables blood to reach your heart by flowing around (bypassing) the blocked portion of the diseased artery. The increased blood flow reduces angina and the risk of heart attack.



Prevention

- **Get regular medical checkups.**
- **Control your blood pressure.**
- **Check your cholesterol.**
- **Don't smoke.**
- **Exercise regularly.**
- **Maintain a healthy weight.**
- **Eat a heart-healthy diet.**
- **Manage stress.**

Watch video

<https://youtu.be/pWfGjNeUyo8>