

**PATIENT INFORMATION SHEET FOR  
CORONARY ARTERY DISEASE**

**PATIENT/FAMILY INFORMATION SHEET**

**What is a coronary artery disease?**

Coronary artery disease (CAD) is a result of build-up of fatty deposits on the inner wall of arteries supplying the heart muscle with oxygen. This is a slow process that occurs over time.

**What are the possible effects of CAD?**

Two serious consequences of CAD are angina and heart attack.

- Angina: Occurs when the oxygen supply to the heart muscle is reduced. Angina is commonly experienced as chest discomfort or pain or occasionally as shortness of breath, neck pain or numbness in arms.
- Heart Attack: In most cases occurs when a blood clot lodges in an artery where CAD is present. The blood clot blocks oxygen delivery to the heart muscle and within a short period of time that portion of the heart muscle dies.

**What are the risk factors for developing CAD?**

Certain factors place a person at higher risk for developing CAD. These are called “cardiac risk factors”. The modifiable and non-modifiable cardiac risk factors are listed below:

**Modifiable Risk Factors**

- Smoking/tobacco use
- High blood sugar/diabetes
- Overweight
- High cholesterol
- Lack of regular exercise
- High blood pressure

**Non-modifiable Risk factors**

- Age
- Family history
- Adult males
- Postmenopausal women

**What can I do to prevent CAD?**

How you live and the choices you make each day have a great effect on your health. You can make lifestyle changes to reduce your risk factors and slow down or reverse the serious effects of this disease. Knowing what your Cardiac Risk Factors are and how you can alter them are key to your recovery and future prevention. The “Passport to Health” (below) is a guide to help you make the right choices for a heart-healthy recovery and to prevent further heart problems. Talk with your physician or health care provider about your Cardiac Risk Factors. Talk with your physician or health care provider about reducing cardiac risk factors.

**Where can I learn more about CAD?**

Organization	Phone	Internet Address
Greenwich Hospital Cardiac Rehabilitation Program	203.863.3195	<a href="http://www.greenhosp.org/medicalservices_cardiology-patientcare.asp#rehab">http://www.greenhosp.org/medicalservices_cardiology-patientcare.asp#rehab</a>
Greenwich Hospital Smoking Cessation Program	203.863.3570	NA
American Heart Association	800.242.8721	<a href="http://www.americanheart.org">www.americanheart.org</a>
American Diabetes Association	800.232.3472	<a href="http://www.diabetes.org/ada/diabetesinfo.htm">www.diabetes.org/ada/diabetesinfo.htm</a>
American Medical Association		<a href="http://www.amaassn.org/insight/spec_con/heart/heart.htm">www.amaassn.org/insight/spec_con/heart/heart.htm</a>

*For more Patient Fact Sheets, see the Greenwich Hospital web site at [www.greenhosp.org](http://www.greenhosp.org) and click on Patient & Visitors, then Patient Education*

**YOUR CARDIAC RISK FACTORS AND WAYS TO LOWER YOUR RISK FOR FUTURE HEART PROBLEMS ARE IDENTIFIED BELOW.**



CARDIAC RISK FACTORS	GOAL	WHAT YOU CAN DO TO LOWER YOUR RISK
<b>Smoking/ Tobacco Use</b>	Complete Cessation	<ul style="list-style-type: none"> <li>♥ Do not smoke or use tobacco and ask family members to stop smoking.</li> <li>♥ Talk with your doctor about using the nicotine patch. Join a smoking cessation group.</li> <li>♥ Let your doctor know if you are feeling “blue or sad”. These are signs of depression and may make it harder for you to quit. You may need additional help.</li> </ul>
<b>High Cholesterol</b> My total cholesterol level is _____ My LDL cholesterol level is _____ My HDL cholesterol level is _____ My triglyceride level is _____	Total cholesterol less than 200mg/dl LDL (bad cholesterol) less than 100 mg/d HDL (good cholesterol) greater than 35 mg/dl Triglyceride less than 200 mg/dl	<ul style="list-style-type: none"> <li>♥ Follow a low fat &amp; low cholesterol diet.</li> <li>♥ To find out more information about your special diet, ask your doctor for a referral to the Greenwich Hospital Outpatient dietitian.</li> <li>♥ Take your cholesterol lowering medication called _____ as directed by your doctor.</li> </ul>
<b>Blood Sugar</b> My blood sugar range is _____	Blood sugar levels as follows: Before meals: 80-120 mg/dl Bedtime: 100-140 mg/dl	<ul style="list-style-type: none"> <li>♥ Maintain your blood sugar level by taking your medications, following your special diet &amp; exercising as directed.</li> <li>♥ Monitor your blood sugar before breakfast &amp; dinner. If you are on insulin, your doctor may want you to monitor your blood sugar more frequently.</li> <li>♥ Talk with your doctor if your blood sugars are below 70 or over 250 all day.</li> </ul>
<b>Exercise</b>	Exercise 30 to 60 minutes 3 to 4 times a week	<ul style="list-style-type: none"> <li>♥ Follow your discharge activity instructions.</li> <li>♥ Enroll in a local Cardiac Rehabilitation Program.</li> <li>♥ Talk with your doctor about the best form for exercise for you (walking, jogging, and cycling).</li> </ul>
<b>Overweight</b> My weight _____ lbs	My ideal body weight range base on height is _____ to _____ lbs	<ul style="list-style-type: none"> <li>♥ Lose weight by following your special diet &amp; increasing your level of exercise.</li> <li>♥ Come in to the HEALTHY LIVING CENTER to learn more about healthy ways to lose weight. Call 203.863.3195 for an appointment.</li> </ul>
<b>High Blood Pressure</b> My BP is _____	Less than 140/90 mm Hg (if you have diabetes- less than 130/85 mm Hg)	<ul style="list-style-type: none"> <li>♥ Lower your BP by losing weight, exercising more &amp; eating foods with less sodium.</li> <li>♥ Monitor your BP &amp; take your medications as directed by your doctor.</li> </ul>
<b>Menopause</b>	Hormone replacement therapy	<ul style="list-style-type: none"> <li>♥ Talk with your doctor to learn more about the benefits of hormone replacement therapy and if it is right for you.</li> </ul>
<b>Coronary Artery Disease</b>	Avoid future heart problems such as heart attack by taking your medications as directed	<ul style="list-style-type: none"> <li>♥ Your doctor may prescribe one or more of the following medications to lower your risk of future heart problems:                             <ul style="list-style-type: none"> <li>♥ Aspirin</li> <li>♥ Beta Blocker called _____</li> <li>♥ Ace Inhibitor called _____</li> </ul> </li> </ul>

**FOR MORE INFORMATION ABOUT YOUR CARDIAC RISK FACTORS, DIET, OR EXERCISE REVIEW YOUR BOOKLET CALLED “TAKE CARE OF YOUR HEART” OR “STRAIGHT FROM THE HEART”.**