

Coronary Heart Disease (CHD) is a narrowing of the small blood vessels that supply blood and oxygen to the heart. *CHD is also called coronary artery disease.*

Coronary heart disease is caused by the buildup of plaque in the arteries to your heart. This may also be called hardening of the arteries.

Many Things Increase Your Risk For Heart Disease:

- ✓ Diabetes
- ✓ High blood pressure
- ✓ cholesterol
- ✓ Smoking
- ✓ Being overweight

Help Prevent Heart Disease:

- ✓ Quit smoking
- ✓ Control your cholesterol and blood pressure
- ✓ If you drink alcohol, drink only in moderation
- ✓ Get active and eat healthy

<http://win.niddk.nih.gov/publications/tips.htm>



1. Eat less saturated and trans fat. Stay away from fatty meats, fried foods, cakes, and cookies.
2. Cut down on sodium (salt). Look for the low-sodium or “no salt added” brands of canned soups, vegetables, snack foods, and lunch meats.
3. Get more fiber. Fiber is in vegetables, fruits, and whole grains.

HEART DISEASE

Is any disorder that affects the heart's ability to function normal.

There are various forms of heart disease.

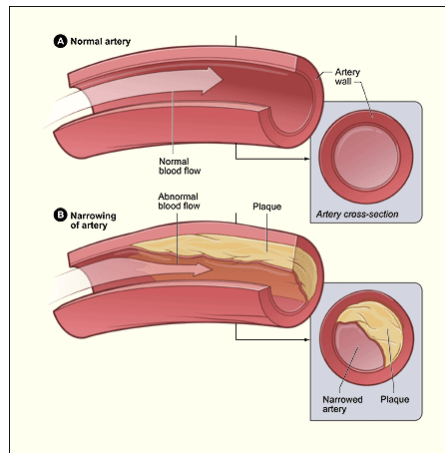
- ✓ Congenital heart disease
- ✓ Coronary artery disease
- ✓ Heart attack
- ✓ Heart failure
- ✓ Heart tumor

Heart disease is the leading cause of death for both men and women in the United States. You can take steps to help prevent heart disease.

High cholesterol doesn't have any signs or symptoms. That's why it's important to get your cholesterol checked.

Know your numbers.

High blood pressure and cholesterol levels can cause heart disease and heart attack.



What is cholesterol?

Cholesterol is a waxy substance (material) that is naturally found in your body.

Your body needs cholesterol to do important things, like make hormones and digest fatty foods. Your body makes all of the cholesterol it needs.

Cholesterol is also in some foods, like egg yolks, liver, and whole milk.

If you have too much cholesterol in your body, it can build up inside your blood vessels and make it hard for blood to flow. Over time, this can lead to heart disease and heart attack.

Ask how you can help.

“What changes are the hardest for you to make?”

“How can we get healthy together?”

“What can I do to help?”

Here are some ideas:

Go shopping together for healthy foods. Then cook and enjoy a healthy meal.

Get active together. A good way to start is to meet every day for a fast walk.

Go to the doctor together for blood pressure and cholesterol checkups.

If your loved one smokes, encourage him to call:
1-800-QUIT-NOW
(1-800-784-8669).