

# Coronary Artery Disease



## WHAT IS CORONARY ARTERY DISEASE?

Coronary artery disease (CAD) is the blockage of the arteries that feed the heart.

## WHAT ARE THE SYMPTOMS OF CAD?

The main symptom of CAD is chest pain. You can also have shortness of breath, sweating, nausea, weakness, numbness and tingling of the arms or hands.

## WHAT ARE THE RISKS FOR CAD?

If a CAD blockage happens, areas of the heart muscle may not get enough oxygen from the blood. This could lead to permanent damage to the heart. This is known as a heart attack.

## HOW CAN I AVOID COMPLICATIONS?

- Exercise most days of the week (ask your doctor if this is o.k.).

- Keep cholesterol and blood pressure levels normal (ask your doctor what "normal" is).
- Stop smoking (if you smoke).
- Keep blood glucose levels normal.
- Lose weight (if you are overweight).
- Reduce stress.

## WHAT SHOULD I DO?

See your doctor often. Your doctor may do a physical exam and ask you about your symptoms and family history. S/he may take blood for testing and schedule other tests.

Your doctor may prescribe medicine or refer you to a specialist to help you. If you have any symptoms that concern you, call your doctor for an appointment right away.



**FOR MORE INFORMATION** about diabetes, call 1.800.414.6314 (TTY: 1.800.473.0989).