

## DIABETES

# 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).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះមាននៅក្នុងភាសាខ្មែរ និងភាសាសំបុត្រ។ មានជូនជាភាសាខ្មែរ និងភាសាសំបុត្រ។ សម្រាប់ព័ត៌មានបន្ថែមសូមទូរស័ព្ទទៅលេខ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការសំបុត្រ: 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).