

CORONARY ARTERY DISEASE (CAD)

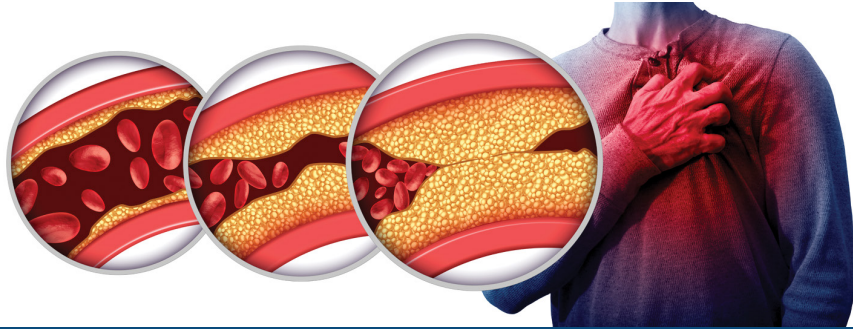


What is Coronary Artery Disease (CAD)?

Coronary Artery Disease (CAD) happens when the blood vessels that supply your heart with oxygen-rich blood become narrow or blocked due to a buildup of plaque (fat, cholesterol, and other substances).

When arteries are blocked, your heart doesn't get the oxygen it needs, which can cause chest pain, shortness of breath, and even a heart attack.

The good news? CAD can be managed with early detection, lifestyle changes, and medical treatment.



Who is at Risk?

Anyone can develop CAD, but some people are at higher risk. You may have a greater chance of CAD if you:



Have high cholesterol or high blood pressure

These conditions cause arteries to narrow faster.



Are overweight or have an unhealthy diet

Poor eating habits contribute to plaque formation.



Have diabetes

High blood sugar can damage blood vessels.



Live a sedentary lifestyle

Lack of exercise weakens the heart and blood vessels.



Smoke or have a history of smoking

Smoking weakens arteries and increases plaque buildup.



Experience chest pain, tightness, or shortness of breath

These could be warning signs of CAD.



Have a family history of heart disease

Genetics play a big role in heart health.

If any of these apply to you, it's time to take action and protect your heart!

How is CAD Treated?

Treatment for CAD depends on how severe your condition is. The goal is to restore proper blood flow to the heart and prevent complications like heart attacks.

1. Lifestyle Changes – The First Step

- Eat a heart-healthy diet (low in fat, salt, and sugar).
- Exercise regularly to strengthen your heart.
- Quit smoking to prevent further artery damage.
- Manage stress to keep your heart healthy.

2. Medications

Doctors may prescribe:

- Cholesterol-lowering drugs to slow plaque buildup.
- Blood pressure medications to reduce strain on the heart.
- Blood thinners to prevent dangerous clots.

3. Medical Procedures

If lifestyle changes and medications aren't enough, doctors may recommend procedures to open blocked arteries:

▪ Angioplasty & Stenting

A small balloon is used to push plaque aside, and a stent (a tiny metal tube) is placed to keep the artery open.

▪ Coronary Artery Bypass Surgery (CABG)

A healthy blood vessel from another part of your body is used to reroute blood around the blockage, creating a new path for oxygen-rich blood.

These procedures can dramatically improve blood flow and heart function.

What are the Risks of CAD?

If left untreated, CAD can lead to serious and life-threatening complications, such as:



Heart Attack

When a blocked artery completely stops blood flow to the heart.



Heart Failure

When the heart weakens and can't pump enough blood.



Arrhythmia

Irregular heartbeat caused by poor blood circulation.



Stroke

A blockage in the arteries leading to the brain.

The earlier you take action, the better your chances of avoiding these complications.

Recognising the Warning Signs

CAD doesn't always show symptoms early, but when it does, here's what to look out for:

- **Chest pain or tightness (angina)** – A feeling of pressure, squeezing, or discomfort.
- **Shortness of breath** – Even during light activity.
- **Fatigue** – Feeling unusually tired for no reason.
- **Dizziness or nausea** – Especially with chest discomfort.
- **Pain in the arms, neck, jaw, or back** – Sometimes, heart pain is felt in these areas.

Don't ignore these symptoms! If you experience severe chest pain or sudden shortness of breath, seek medical help immediately it could be a heart attack.

Take Control of Your Heart Health Today

Your heart works hard every day, keep it strong by making smart lifestyle choices and seeking medical care when needed.

Your heart health is in your hands! Stay informed, get regular checkups, and make changes that keep your heart beating strong for years to come.

Clinic Operating Hours

Monday – Friday | 8:30am to 5:00pm
Saturday | 8:30am to 1:00pm
Sunday and Public Holidays | Closed



Make an Appointment



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