Coronary Artery Disease

Types of coronary disease

Familial forms of coronary disease sometimes run in the families of affected people because the inherited form includes a genetic tendency to develop the condition. In other cases, people who have coronary artery disease (CAD) carry risk factors that can cause it, such as smoking, obesity, and diabetes.

Common symptoms

You may feel chest pain or discomfort, shortness of breath, or cold sweat. You may also feel itchy sensations between your shoulder blades, just below your neck, behind your arms, or in your jaw. It may feel like you are being strangled. It may also feel like a burning pain in your chest. It is important to recognize these symptoms as they may indicate a heart attack.

How can coronary artery disease affect your health?

If people have coronary artery disease, they may experience a number of symptoms when the blood flow through the heart is reduced. If the blood flow is reduced to a point where the heart muscle is not able to function, the heart may fail. This can lead to heart failure, which can be life-threatening. If the blood flow is reduced to a point where the heart muscle is not able to function correctly, the heart may not be able to pump enough blood to the rest of the body.

Other factors that can impact your health

Your lifestyle choices, such as eating a healthy diet and getting regular exercise, can also impact your health. Smoking, excessive alcohol consumption, and obesity can increase the risk of developing coronary artery disease. Smoking, for example, can reduce the oxygen supply to the heart muscle, causing it to work harder and increasing the risk of a heart attack. Inactive lifestyles, on the other hand, can cause the heart to work harder, increasing the risk of developing heart disease.

How we got your result

Millenium Health (aka Theranos) is a testing service to detect a variety of genetic markers related to genetic and lifestyle-related risk factors for coronary artery disease. These factors include smoking, obesity, and diabetes.

For those who have been diagnosed with coronary artery disease, it is important to take steps to reduce your risk factors, such as quitting smoking, maintaining a healthy weight, and following a heart-healthy diet. It is also important to visit your doctor regularly for check-ups and to tell your doctor if you have any symptoms of heart disease.