Coronary Artery Disease

About coronary artery disease

Coronary artery disease occurs when plaque builds up in the arteries that supply blood to the heart muscle (coronary arteries). Plaque is made up of cholesterol, fatty materials, calcium, and other substances that stick to the inside of the arteries. This buildup narrows the arteries and reduces blood flow to the heart muscle.

Risk factors for coronary artery disease include:
- Smoking
- High blood pressure
- High blood cholesterol levels
- Diabetes
- Obesity
- Physical inactivity
- Unhealthy diet
- Stress
- Family history of heart disease
- Age (women are more likely to develop it than men before age 65)
- Gender (men are more likely to develop it than women before age 65)
- Race and ethnicity

The symptoms of coronary artery disease include:
- Chest pain or discomfort that may spread to the upper body
- Shortness of breath
- Other symptoms such as nausea, lightheadedness, or jaw or back pain

About this report

This report does not provide diagnosis or treatment advice, but provides information about the symptoms, risk factors, and lifestyle changes that may reduce the risk of coronary artery disease. It is intended to be a general guide and should not be used to make medical decisions.

There are many factors that can increase the risk of developing coronary artery disease, including:
- Age
- Gender (men are generally at higher risk than women before age 65)
- Genetics
- Race and ethnicity
- Smoking
- High blood pressure
- High blood cholesterol levels
- Diabetes
- Physical inactivity
- Unhealthy diet
- Stress

If you suspect you may have coronary artery disease, please consult a healthcare provider for a proper diagnosis and treatment plan.

We encourage you to seek medical advice and follow your doctor's recommendations for managing your health.