

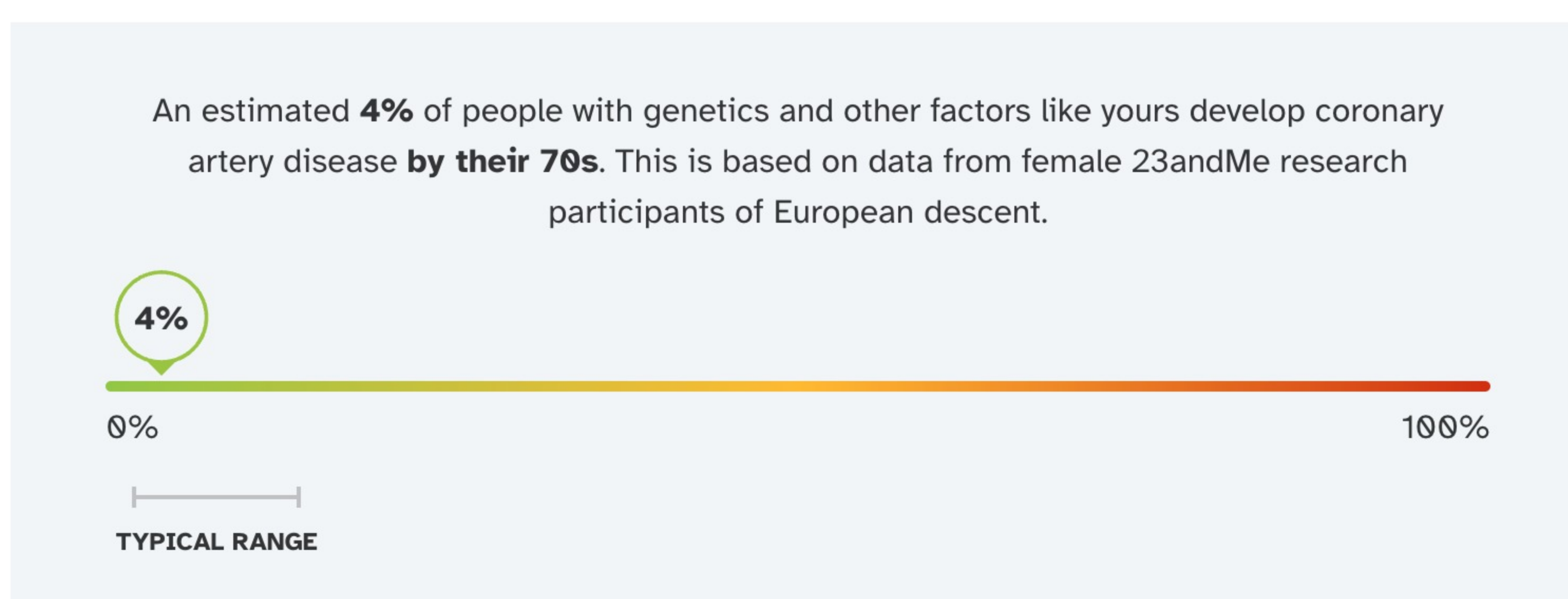
Coronary Artery Disease

POWERED BY 23ANDME RESEARCH

Coronary artery disease, sometimes called CAD, is a type of heart disease that is typically caused by the buildup of a waxy, cholesterol-containing substance called plaque inside the coronary arteries, which are the major blood vessels that supply the heart with oxygen-rich blood. When plaque builds up in the coronary arteries, the vessels narrow and blood flow to the heart is decreased.



Jamie, your genetic result is associated with a **typical likelihood** of developing coronary artery disease.



This estimate is based on currently available data and may be updated over time.

Ways to take action

Your overall likelihood of developing coronary artery disease also depends on other factors, including lifestyle. Experts agree that healthy lifestyle habits can help lower the chances of developing this condition.



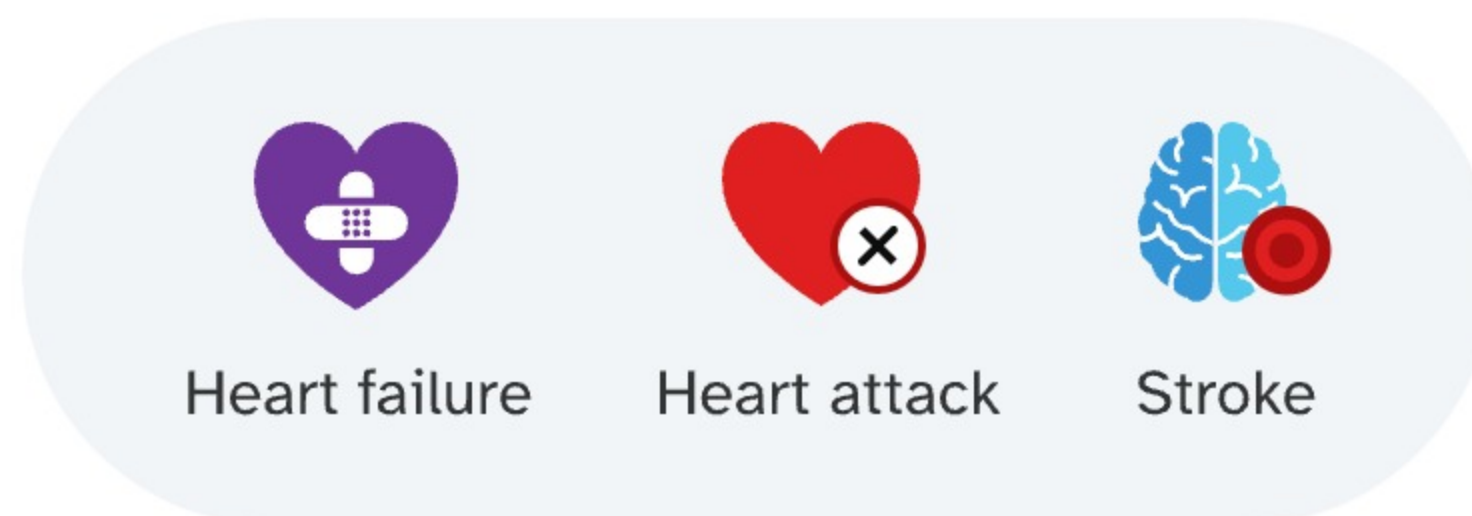
- Maintain a healthy weight
- Eat a heart-healthy diet
- Exercise regularly
- Avoid smoking
- Limit alcohol consumption

[Learn more from the American Heart Association](#)

About coronary artery disease

How can coronary artery disease impact your health?

In people with coronary artery disease, plaque buildup in the coronary arteries causes the vessels to narrow and decreases blood flow to the heart. At first, this may not cause any symptoms. However, as more plaque builds up over time, people can experience chest pain (called angina), shortness of breath, and fatigue. The heart can also become weak and unable to pump blood effectively to the rest of the body (called heart failure).



If a piece of plaque inside an artery breaks off and a blood clot forms, blood flow to the heart may be blocked, causing a heart attack. If blood flow to the brain is blocked, this can cause a stroke.

[Estimate your risk](#) for complications of heart disease, including things like heart attack and stroke. This tool from the American Heart Association uses non-genetic factors, and is for individuals who are at least 40 years old.

Other factors that can impact your chances of developing coronary artery disease

According to the Centers for Disease Control and Prevention, up to 16% of people in the U.S. are expected to develop coronary artery disease by their 70s. Besides genetics, weight, and lifestyle, some factors that can increase a person's chances of developing coronary artery disease include:

- Age (this condition becomes more common as people get older)
- Sex (more males than females are diagnosed with coronary artery disease, but females are likely under-diagnosed)
- Family history (especially if a parent had a heart attack at a young age)
- Certain health conditions (including high blood pressure, high cholesterol, and type 2 diabetes)



Age



Sex



Family history



Certain health conditions

Keep in mind

This report **does not diagnose** coronary artery disease. It also does not provide information about or diagnose other forms of heart disease. **Consult with a healthcare professional** if you are concerned about your likelihood of developing coronary artery disease, have a personal or family history of coronary artery disease, or before making any major lifestyle changes.



If you have already been diagnosed with coronary artery disease by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing coronary artery disease also depends on **other factors**, including age, sex, family history, and lifestyle.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing coronary artery disease, and it **does not include rare variants that individually have a large impact** on the likelihood of developing this condition.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



Give the gift of DNA discovery.

Gift a kit

Refer friends, earn rewards.

Get reward

ANCESTRY

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- All Ancestry Reports
- Ancestry Composition
- DNA Relatives
- Order Your DNA Book

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- All Health & Traits Reports
- My Health Action Plan
- Health Predisposition
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- Carrier Status
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- Traits

RESEARCH

- Research Overview
- Surveys and Studies
- Edit Answers
- Publications

FAMILY & FRIENDS

- View all DNA Relatives
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