

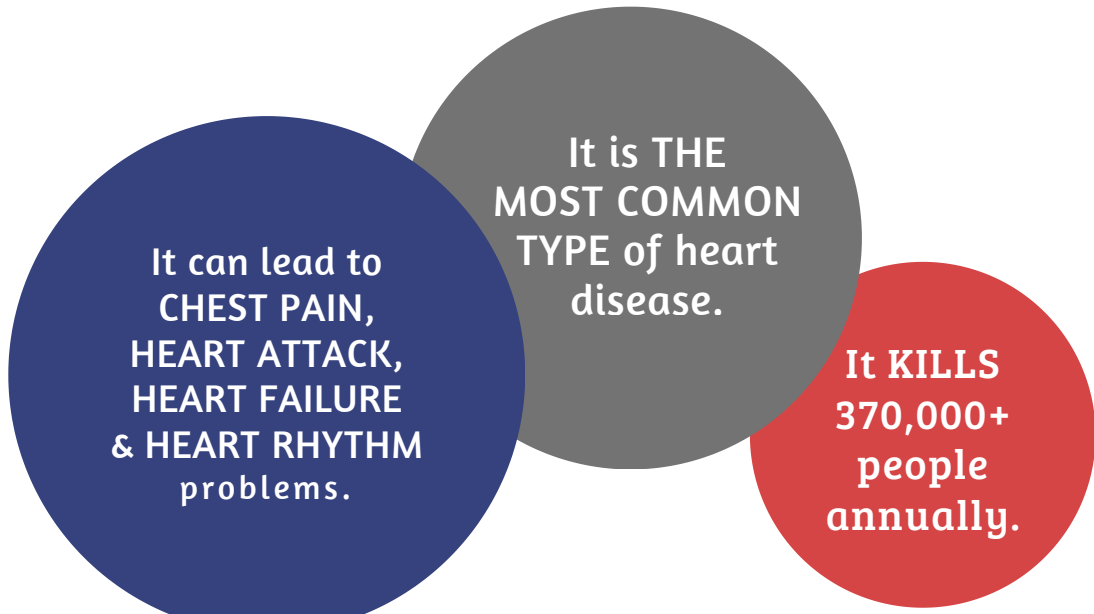
What is Coronary Artery Disease?

Coronary artery disease is a common term for the buildup of plaque in the heart's arteries that could lead to heart attack or ischemic stroke.

The traditional risk factors for coronary artery disease are high LDL cholesterol, low HDL cholesterol, high blood pressure, family history, diabetes, smoking and obesity. In men, the risk increases after age 45. In women, the risk increases after 55.

Research shows that children and youth are increasingly at risk for CAD. So, preventive measures taken early in life can have greater lifetime benefits. Healthy lifestyles will delay the progression of CAD, and there is hope that it can be improved before it causes further health problems.

Living a healthy lifestyle that combines good nutrition, weight management and getting plenty of physical activity can play a big role in avoiding CAD.



It can lead to
**CHEST PAIN,
HEART ATTACK,
HEART FAILURE
& HEART RHYTHM**
problems.

It is **THE
MOST COMMON
TYPE** of heart
disease.

**It KILLS
370,000+
people
annually.**