

Coronary Artery Disease

Coronary heart disease also known as Coronary artery disease (CAD). Coronary arteries supply blood to your heart. CAD occurs when these blood vessels becomes narrowed by plaque which is a buildup of fats and other substances. Untreated CAD can lead to heart attack and heart failure.



What triggers Angina?

Angina usually occurs when there is an increase demand of blood supply to the heart.

- Physical exertion
- Emotional stress
- Heavy meals
- Extreme feeling of cold or heat
- Smoking
- Alcohol consumption

Some angina can also occur without symptoms, where there is sudden pain/ discomfort while at rest. Those with this type of angina should seek medical attention as soon as possible.

Symptoms

The main symptoms of coronary heart disease are angina.

Symptoms of Angina

- Squeezing or pressuring feeling in your chest
- Discomfort, heaviness or tightness of the chest which may spread to the arm, back, shoulders, neck or jaw.
- May feel like gas or indigestion

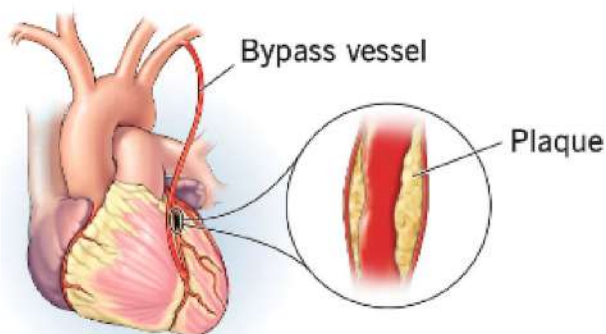
Diagnosis & Treatment

Treatment for coronary heart disease focuses on managing symptoms and reducing risk factors for heart attack and stroke. If there is worsening chest pain despite taking medications, procedures might be done to improve blood circulation to the heart.

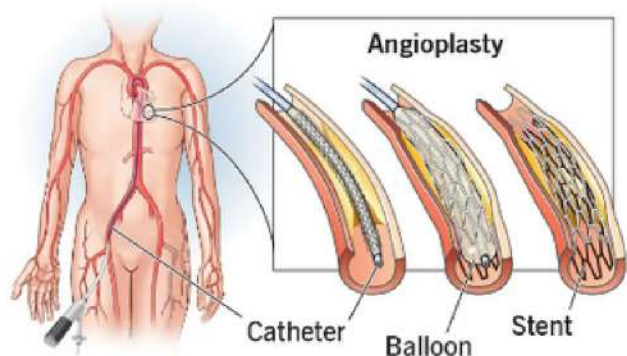
Angioplasty is a procedure where a tiny balloon catheter is inserted in a blocked blood vessel followed by putting a stent to help widen it and improve blood flow to your heart.

Bypass Surgery is a major procedure where surgery is performed to restore blood flow to your heart muscle by removing a blood vessel from the chest, arms, or legs and using it to create a detour or bypass around the blockage.

Coronary artery bypass grafting (CABG)



Percutaneous coronary intervention (PCI)



Care and Management (Procedures/ Nursing Interventions)

- Quit smoking. Nicotine in cigarettes may promote hardening of heart arteries. Which results in heart attacks.
- Reduce alcohol intake.
- Adapt healthy eating and drinking choices. Reduce oily foods. Restrict from having heavy meals. Choose food that are low in salt and sugar.
- Get active safely. Although your heart has been damaged, the best cure is not to avoid activity. It is important to start slow. Discuss with your doctor and develop an appropriate exercise plan.
- Lose excessive weight. Being overweight increases risk of heart problems.
- Take medications as prescribed. Blood thinners are prescribed to avoid blood clotting and obstructing blood flow to the heart. It is also important to take other drugs such as anti-hypertensives and drugs to reduce high blood cholesterol regularly.
- Regular follow up with your doctor, do highlight to them if any increasing chest discomfort or shortness of breath.
- Reduce stress and depression. Seek medical attention or support group to cope with stress and depression.

You should consult a doctor when you experience other symptoms such as:

- Difficulty in breathing or shortness of breath.
- Sweating or cold sweat
- Light headedness, dizziness, weakness or anxiety.
- Nausea and vomiting

Contributed by Cardiology

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

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