

# Modifiable Risk factor of Coronary Artery Disease (CAD)

## Smoking

Smoking harms artery linings, promoting fatty deposit accumulation and blood clotting, heightening the risk of coronary artery disease (CAD).

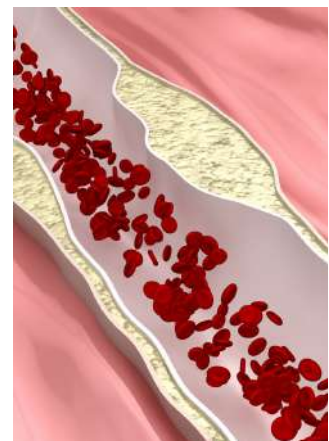
Nicotine in cigarettes triggers adrenaline production, accelerating heart rate and elevating blood pressure.



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## Hyperlipidemia

Cholesterol is essential for cell formation, nerve insulation, and hormone synthesis. It's sourced from both liver production and dietary intake. Excess cholesterol leads to arterial wall accumulation, causing them to harden and narrow.



**Target of low-density lipoprotein (LDL or bad cholesterol) :  $\leq 1.8$ mmol/L**



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## Obesity

Being obese can raise your blood cholesterol and triglyceride levels, lower the “good” high-density lipoprotein (HDL) cholesterol level, increase blood pressure and induce diabetes.

**Target of ideal body weight with BMI:  
18.5-22.9kg/m<sup>2</sup>.**



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## Hypertension

Hypertension puts extra strain on blood vessels, damaging their inner lining cells. Cholesterol accumulates in these damaged arteries over time, reducing their elasticity and restricting blood flow, increasing the risk of CAD.

**Target BP:  $\leq 130/80$ mmHg**

**Target Heart rate:  $\leq 70$ bpm**



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## Diabetes

High blood glucose harms blood vessels and nerves controlling the heart and circulation. Longer diabetes duration raises heart disease risk as vessel linings thicken, impairing blood flow.

**Target for Hba1c:  $\leq 7.0\%$**

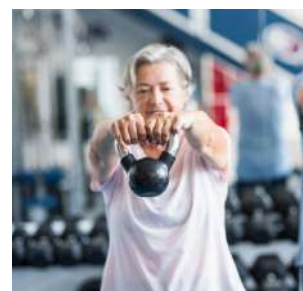


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## Physical inactivity

Physical inactivity increases the risk of high blood pressure, obesity, high cholesterol, diabetes, depression, and anxiety, raising the likelihood of developing coronary artery disease (CAD).



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## Stress

Unmanageable stress can lead to emotional, psychological, and physical issues like heart disease. Stress also affects blood clotting, raising CAD risk. Acute stress can lead to increased heart rate and stronger heart contractions, potentially damaging the heart's lining over time.

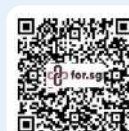


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Contributed by Nursing/Cardiology

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