

ARE YOU FEELING THE (ARTERY) FLOW – OR NOT?

Know the Risk Factors and if You May Be Suffering from CAD

DO YOU...



... have any of the following
RISK FACTORS?^{1, 2, 3}

Diabetes	Family history of heart disease	High blood pressure
High cholesterol	Smoking	Increased BMI
Sedentary lifestyle	Diet high in sodium, sugar and saturated fats (e.g., fried foods)	Chronic kidney disease



... have any of the following
SYMPTOMS?^{1, 2, 4}

Chest pain (angina), pressure or tightness in your chest	Pain felt in the neck, arm, jaw, throat or upper abdomen	Nausea or vomiting
Extreme fatigue	Dizziness or light-headedness, fainting or near fainting	Shortness of breath
Weakness		



Coronary Artery Disease (CAD)

If you do, you may be at risk of CAD, a disease in which fatty deposits build up in the arteries that carry blood and oxygen to your heart can result in serious health outcomes such as heart attacks or stroke.⁵



The sooner CAD is diagnosed, the sooner you can talk to your doctor about treatment. Lifestyle changes, including quitting smoking, exercising regularly, eating foods that are low in saturated fat and low in sodium, and maintaining a healthy weight – along with effective treatment – may help slow down the disease and reduce the risk of serious health outcomes.^{1, 5}

1. Coronary Artery Disease Symptoms & Causes. Mayo Clinic. Accessed November 4, 2021 from <https://www.mayoclinic.org/diseases-conditions/coronary-artery-disease/symptoms-causes/syc-20350613>

2. What is Coronary Artery Disease? Centers for Disease Control and Prevention. Accessed November 4, 2021 from https://www.cdc.gov/heartdisease/coronary_ad.htm

3. Diabetic Kidney Disease: Chronic Kidney Disease and Diabetes. Diabetes Spectrum. Accessed January 11, 2022 from <https://diabetesjournals.org/spectrum/article/21/1/8/2166/Diabetic-Kidney-Disease-Chronic-Kidney-Disease-and>

4. Diabetes Can Affect Your Heart. American Diabetes Association. Accessed November 4, 2021 from <https://www.diabetes.org/diabetes/type-2/diabetes-and-your-heart/diabetes-affect-your-heart>

5. Coronary Artery Disease Diagnosis & Treatment. Mayo Clinic. Accessed November 4, 2021 from <https://www.mayoclinic.org/diseases-conditions/coronary-artery-disease/diagnosis-treatment/drc-20350619>