

# 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?**<sup>1, 2, 3</sup>

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?**<sup>1, 2, 4</sup>

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.<sup>5</sup>



**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.<sup>1, 5</sup>**

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](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>