

# Coronary heart Disease

*This develops when the coronary arteries (vessels that supply oxygen-rich blood to the heart muscle) are damaged or become dysfunctional.*

*\*if the inner wall of the coronary artery is damaged, plaque (containing cholesterol) tends to accumulate in layers in the damaged areas, through a process called arteriosclerosis*

*\*as the plaque builds up the coronary artery hardens and becomes narrower so that blood flow to the heart decreases - this can cause chest pains, breathlessness and eventually a heart attack..*

A heart attack occurs when blood supply to the heart muscle is cut off and part of the heart muscle die

## Life style changes

- > exercise regularly - try to stay physically active
- > reduce stress
- > use alcohol moderately
- > maintain a healthy body weight
- > stop smoking

## Causes..

- \* smoking
- \* stress
- \* obesity
- \* high blood pressure
- \* excessive alcohol intake
- \* diet rich saturated fats

## Prevention and management

*Coronary heart disease develops very slowly and often there are no warning symptoms.*

*However dietary changes and a healthy lifestyle can prevent the disease.*

*\* Be aware of hidden fats in food.. Eg (muffins).*

*\* eat atleast 5 portions of fruit und vegetables per day, because they contain no cholesterol and are low in fatty acids. They are rich in vitamins, fibre and antioxidants.*

*\* increase the intake of legumes, rolled oats and apples as these foods rich in soluble fibres and low in fat*