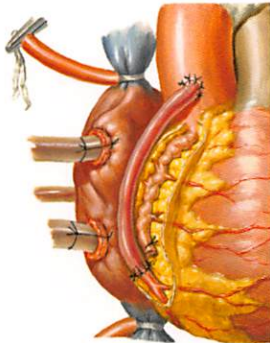


An electrocardiogram (ECG or EKG) or treadmill stress test may be done to diagnose CAD.



Graft



Stent

Have your blood pressure checked regularly. Medicines to help control your blood pressure may be prescribed by your doctor. Surgery (such as the graft or stent, pictured above) may be an option.



Maintain a healthy diet.



Regular aerobic exercise should be part of your daily routine. Try to find an activity you enjoy.

FROM THE DESK OF

NOTES

How Is Coronary Artery Disease Treated?

Controlling risk factors is crucial for preventing and treating CAD. Lifestyle changes include eating a low-fat diet and losing weight (if overweight), following a good exercise program, quitting smoking, controlling blood sugar (glucose) if diabetic, and reducing blood pressure.

Drugs are often prescribed to lower blood pressure, lower cholesterol, and increase coronary blood flow. More severe CAD may need coronary angioplasty, a procedure to widen arteries, which may include using a stent (special device to keep the artery open). The doctor may advise coronary artery bypass surgery, in which blood vessels from another part of the body (e.g., legs) are used to create a new route around blocked arteries.

DOs and DON'Ts in Managing Coronary Artery Disease:

- ✓ **DO** eat a healthy diet, rich in fruits, vegetables, and low-fat dairy products with less saturated and total fats.
- ✓ **DO** take your prescribed medicines.
- ✓ **DO** lower your dietary sodium (salt) intake to no more than 2400 mg per day.
- ✓ **DO** regular aerobic physical exercise, such as brisk walking (at least 30 minutes per day, most days of the week).
- ✓ **DO** keep to a normal body weight.
- ⊘ **DON'T** smoke or use tobacco products.
- ⊘ **DON'T** exert yourself too much, and avoid cold and stress.

FOR MORE INFORMATION

Contact the following sources:

- American Heart Association
Tel: (800) 242-8721
Web: www.americanheart.org
- National Heart, Lung, and Blood Institute
Web: www.nhlbi.nih.gov
- American College of Cardiology
Web: www.acc.org