

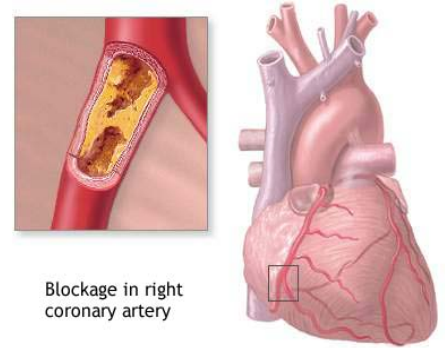
# WHAT IS CORONARY HEART DISEASE?

Coronary heart disease (CHD)—also called coronary artery disease (CAD)—is the most common type of heart disease.

CHD develops when cholesterol builds up in one or more of the coronary arteries (arteries that supply blood to the heart muscle itself). This buildup decreases the flow of blood to the heart.

## What can happen?

As CHD develops over time, it damages the heart and can lead to chronic heart failure. Heart failure occurs when a weakened heart can't pump blood properly to the rest of the body.



## How do I know if I have CHD?

In many cases, CHD is “silent”. This means you may not have any symptoms from it. If you have had angina or a heart attack, then you probably have CHD.

- **Angina.** When the heart is not getting enough blood, a person may feel pain or discomfort in the chest. This is known as angina. Symptoms of angina include:
  - Discomfort or pressure in the chest. This can range from a vague ache to a crushing sensation.
  - Pain or pressure in the left arm or shoulder, or in the neck.
  - Difficulty catching your breath.
- **Heart Attack.** If blood flow to any part of the heart is completely blocked, that part of the heart begins to die. This causes a heart attack. Symptoms can include:
  - Pain or pressure in the chest, shoulders, or arms (most commonly on the left side), or in the neck or lower jaw
  - Shortness of breath
  - Weakness
  - Fast heart beat
  - Lightheadedness or faintness
  - Heavy sweating
  - Nausea or vomiting

**IF THESE SYMPTOMS OCCUR, GET HELP FAST.**  
**CALL 911 RIGHT AWAY!**