

WHAT IS HEART DISEASE? - QUESTIONS

1. How many people does CAD affect in the US? 13 million
2. How many Americans die each year from complications of CAD? more than half a million
3. What condition is CAD caused by? atherosclerosis (the gradual build-up of plaque in the blood vessels/coronary arteries)
4. What is plaque made of? fat, cholesterol, calcium, and other cellular matter
5. What condition results when the blood flow is restricted? angina, chest pain
6. How is the pain during heart attack often described? crushing or squeezing pressure in the chest
7. Which races are at a greater risk? Hispanics, African Americans, American Indians, some Asian Americans
8. What conditions contribute to developing CAD? cholesterol, high blood pressure, diabetes
9. Which lifestyle choices put people more at risk of developing CAD? smoking, poor diet, inactivity, weight gain