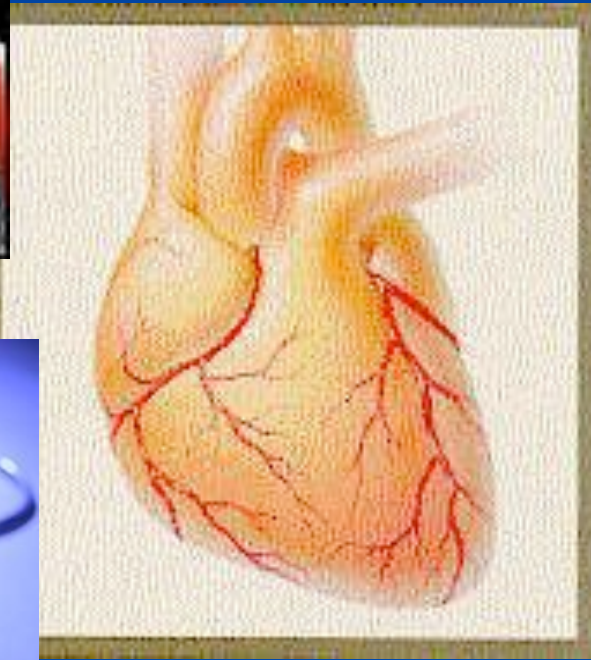


# Coronary Heart Disease



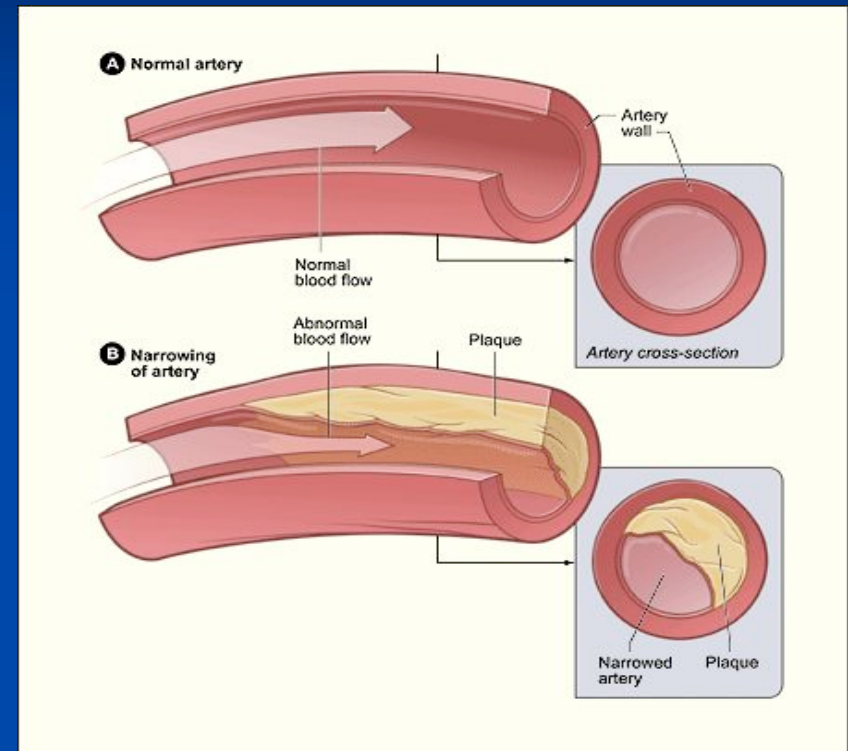
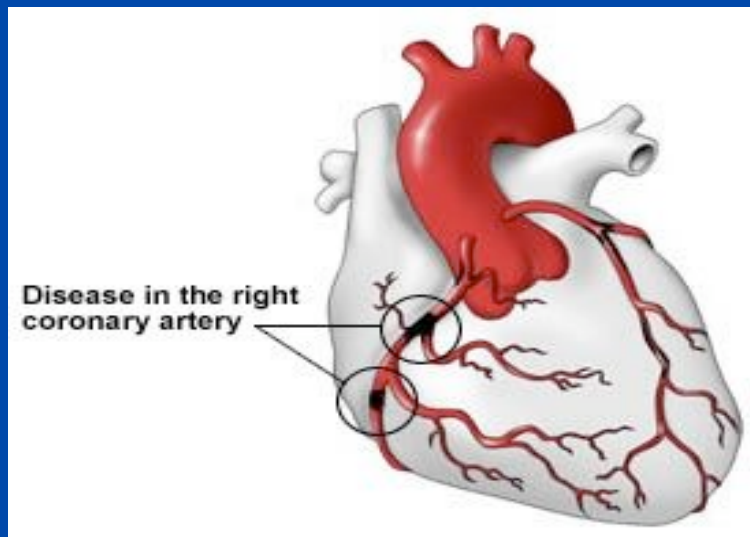
# Coronary Heart Disease

## Learning Objectives:

- Students will be able to:
  - Define coronary heart disease
  - Recognize risk factors
  - Identify symptoms
  - Know the preventive measures

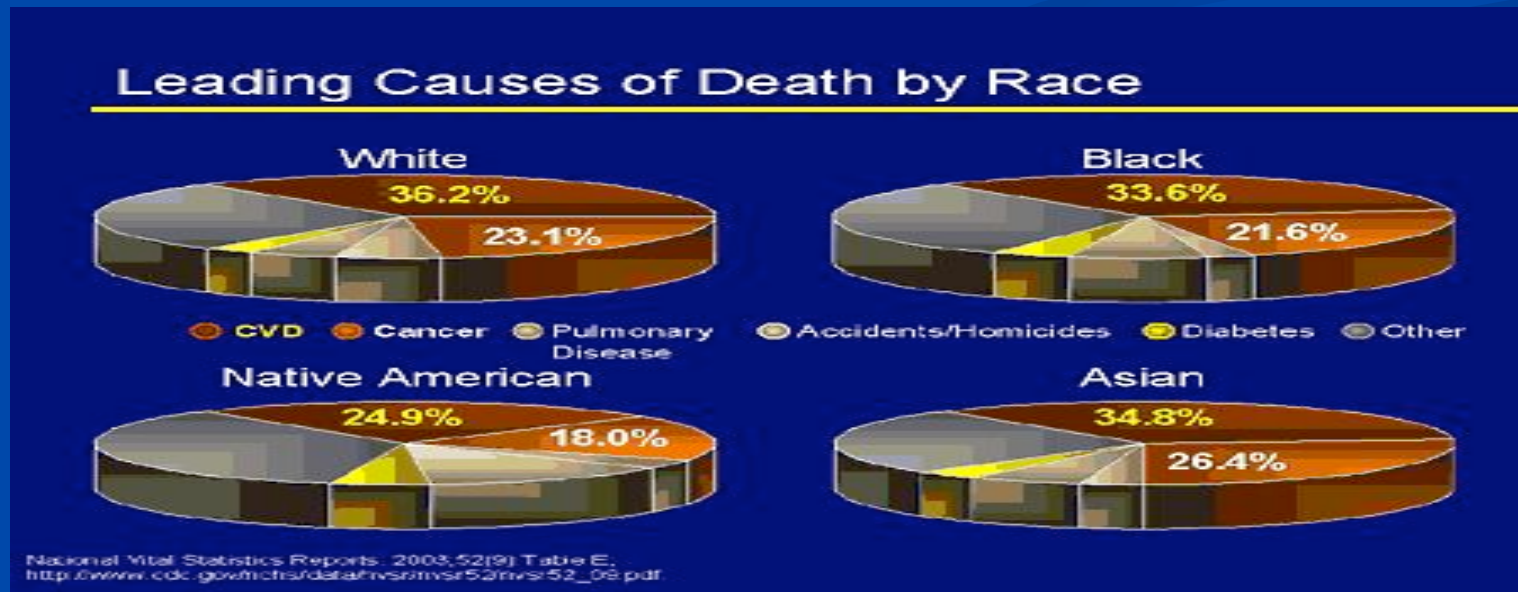
# Coronary Heart Disease

- Coronary Heart Disease - occurs when the coronary arteries become narrowed or clogged by cholesterol and fat deposits and cannot supply enough blood to the heart.



# Problem Statement

- Coronary Heart Disease is the cause of at least 500,000 deaths each year, and the cause of about 7 million sufferers in America.
- Lifestyle is a major factor for this, though there are reasons beyond anyone's control.

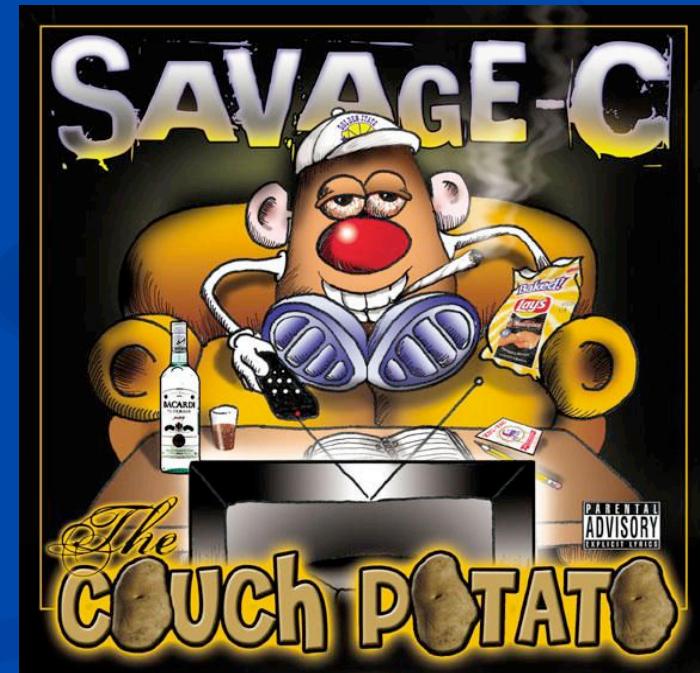


# Coronary Heart Disease: Risk Factors

- Risk Factors – 2 Types
  - Type 1: Cannot control
  - Type 2: Control (modifiable)
- Type 1: Cannot Control (non-modifiable)
  - Age
    - Men 45 over                      Women 55 over
  - Hereditary causes (high cholesterol, history of high blood pressure, diabetes)

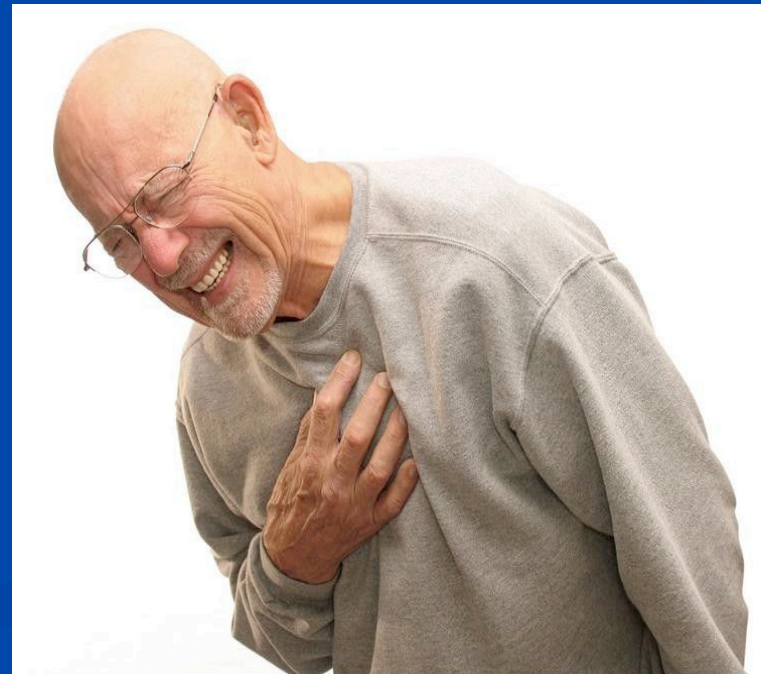
# Coronary Heart Disease: Risk Factors

- **Type 2: Controllable or modifiable**
  - High Cholesterol
  - Smoking
  - Drinking
  - Obesity/Overweight
  - Uncontrolled Stress or Anger
  - Lack of Physical Activity



# Coronary Heart Disease

- Symptoms
  - May or may not be recognized
  - Chest pains – (typical/Atypical)
  - Shortness of breath
  - Palpitations
  - Dizziness
  - Nausea
  - Extreme Weakness
  - HEART ATTACK



# Coronary Heart Disease

## ■ Preventive Measures

### ■ Change Lifestyle

- Quit smoking/drinking
- Develop exercise routine
- Eat low fat/ low cholesterol diet
- Eat balanced meals (include fruits and vegetables and grains)
- Watch your weight
- Vitamin supplements
- Regular visits to the doctor

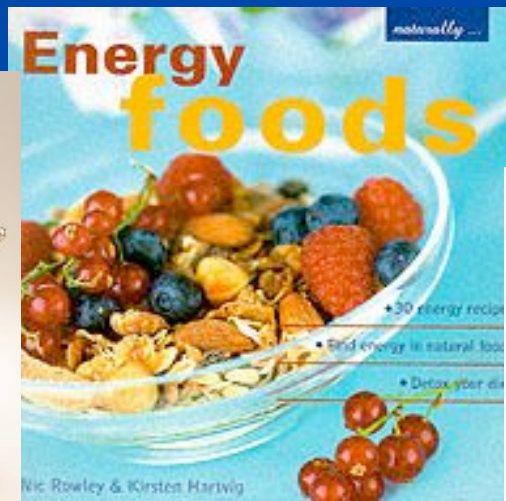




# Coronary Heart Disease

## ■ Nutrition

- 30% of your daily calorie intake should come from fat.
- carbohydrate intake of 55% - 75% of daily energy needs



# Nutrition Cont'd

- Cooking

- Bake, Broil, Steam, Grill instead of Fry

- More ideas

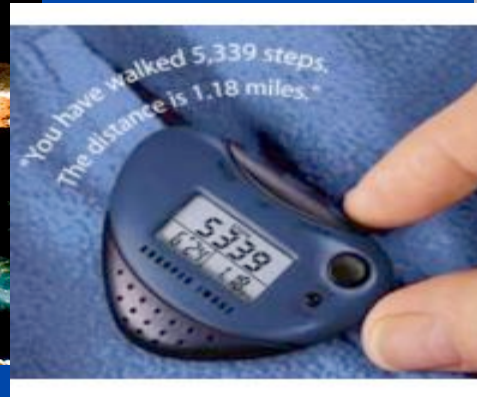
- Limit sweets
- Eat out less, eat more fruits and vegetables
- Choose low-fat dairy products, such as skim milk, and low-fat cheese, yogurt and margarine.



# Coronary Heart Disease

## ■ Plan

- Follow ideas given in Nutrition section
- Maintain healthy lifestyle
  - Eat healthy
  - Exercise
  - Choose products beneficial to healthy living



# CONCLUSION

- Coronary Heart Disease can be developed in the body of anyone.
- The Key to minimizing your chance of acquiring this disease is to maintain a healthy lifestyle.



# Coronary Heart Disease

- Review Questions:
- What is Coronary Heart Disease?
- Name one of the risk factors that cannot be controlled?
- Which of the following is not a preventive measure?
  - a) exercise   b) watch your weight   c) smoking
- Who can get Coronary Heart Disease?