

Coronary Heart Disease/Coronary Artery Disease

Definition:

Coronary Heart Disease (CHD) also called Coronary Artery Disease is the leading cause of death in the United States for men and women. It is caused when a fatty material called plaque builds up in the walls of your heart arteries causing them to become narrowed or blocked. This eventually causes the blood flow to your heart to slow down or stop which can lead to a heart attack.

Chest pain is the most common symptom with coronary heart disease. This type of discomfort can occur when your heart is not getting the blood flow and oxygen it needs. It can feel like tightness or squeezing pain in your chest. This usually occurs with activity but goes away with rest or medication. Another type of chest pain may occur as a sharp pain that comes and goes. This type of chest pain is often felt as a pain in your jaw, left chest, abdomen, back or arm that is not relieved by rest and unrelated to exercise.

Shortness of Breath is another symptom associated with heart disease. You may notice this after walking or exerting yourself.

Risk Factors:

- Diabetes
- High Blood Pressure
- High cholesterol
- Menopause
- Lack of Exercise
- Obesity
- Smoking
- Family History of Heart Disease
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Treatment:

Your doctor can diagnose whether you have coronary artery disease. He will ask you about your family medical history and look at your risk factors. He may order several tests and procedures to assess the status of your heart. Several of these procedures can be done in your doctor's office. In some cases he may order more extensive testing that would require you to go to a hospital. He may also prescribe medication to treat your heart disease. Heart Surgery may be recommended in severe cases.

Contact Information
Memphis Heart Clinic
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