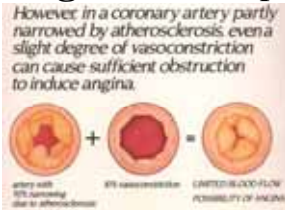


Controlling your risk: coronary artery disease...

Your heart needs oxygen to be able to pump blood. The coronary arteries feed oxygen to your heart. When one of these arteries spasms or is blocked you may have angina or a heart attack. **Symptoms may** include heaviness, pressure, or tightness in your chest, arm(s), jaw, or neck, shortness of breath, nausea, or heavy sweating.

Angina is a temporary blockage or spasm of an artery.



It increases your risk for a heart attack, cardiac arrest and sudden death. Treat angina by resting and perhaps taking nitroglycerin to help your heart recover.

Stable angina usually happens predictably with exercise or strong emotions. Prevent stable angina by taking a nitroglycerin tablet before doing things that cause your angina.

Variant Prinzmetal's angina is a spasm of a coronary artery. It may happen randomly and may be caused by a severe narrowing of an artery.

ACS: Unstable angina (Acute Coronary Syndrome) may happen at rest. It is often due to a sudden coronary artery blockage and is a major risk for a having a heart attack.

**Always tell your doctor
about any changes in your angina!**

Heart attack (myocardial infarction) is heart damage due to a clot suddenly blocking a coronary artery. A heart attack puts you at risk for sudden death, strokes, and an irregular heart beat. Heart attack symptoms are usually worse than angina symptoms. They are not fully relieved with rest or nitroglycerin.

Silent heart attack is permanent damage without the usual symptoms. Diabetics are more prone to "silent" attacks. Symptoms may include extreme fatigue, vague nausea, or flu like problems.

Get help quickly to prevent permanent damage or death from a heart attack. Medications called "clot busters" can rescue your heart by dissolving the clot, if they are given early enough.

Call 911



Other words that mean the same as coronary artery disease are...

ACS: acute coronary syndrome

Angina: stable, Variant Prinzmetal's, and unstable

AMI: acute myocardial infarction, heart attack

CAD: coronary artery disease

CHD: coronary heart disease

MI: myocardial infarction, heart attack