

MANAGING YOUR CAD

(CORONARY ARTERY DISEASE)

Guidelines, resources and tips to help you
live better with CAD



A wellness publication prepared for members of
Samaritan Health Plans

OUR MEMBERS. OUR NEIGHBORS.



Samaritan

Health Plan Operations

815 NW Ninth Street, Corvallis

You are not alone—
it is estimated that
about 15.4 million
people in the U.S.
have coronary artery
disease (CAD).



Become an active participant in managing your CAD. It can help you understand what you can do to live well with your condition.

What is coronary artery disease (CAD)?

Coronary arteries supply blood to your heart. CAD occurs when these blood vessels become narrowed by plaque or damaged. CAD can lead to a heart attack or congestive heart failure (CHF).

What are the major risk factors for CAD and heart attacks?

There are a number of factors that can contribute to CAD.

Risk factors you may be able to control

- Tobacco smoking
- High blood cholesterol
- Diabetes
- High blood pressure
- Overweight or obesity
- Lack of physical activity
- Stress
- Alcohol use
- Diet

Risk factors that you cannot change

- Increasing age
- Family history of heart disease
- Gender – men have a greater risk of a heart attack earlier in life
- Race – African Americans, Mexican Americans, American Indians, native Hawaiians and some Asian Americans have higher risk of heart disease



While you may not be able to reverse the effects of CAD, you can manage some of the risk factors that contribute to it. Here are some important tips:

Maintain a healthy weight

Work with your health care provider to determine your healthy weight.

Lose weight if you are overweight.

Eat a heart-healthy diet

By focusing on what you eat, you can lower your risks for CAD. Eat lots of fruits and vegetables and choose foods that are:

- LOW in cholesterol, saturated fats and salt (sodium)
- HIGH in Omega-3 fatty acids

Participate in physical activity

Discuss with your health care provider what physical activity is right for you.

Quit smoking

Smoking speeds plaque build-up in the coronary arteries. Talk with your health care provider about ways to quit.

MANAGING YOUR CAD

Avoid second-hand smoke

Breathing second-hand smoke gets in the way of the normal functioning of the heart, blood, and blood vessels and can increase the risk of a heart attack.

See your health care provider

Making and keeping regular check-up appointments with your health care provider makes sure that your CAD is being treated.

Take your heart medicine(s) as directed by your health care provider.

Be sure to ask your health care provider or pharmacist any time you have questions about your medications.

Current Heart Medications:

Do you know the symptoms for CAD? ...



CAD symptoms

When your heart does not get enough oxygen symptoms of CAD occur.

Symptoms of CAD may not be the same for men and women.

The main symptom of CAD is angina. **Angina** is also called chest pain but it is not the same for everyone.

- Some have chest discomfort, heaviness, tightness, pressure, aching, burning, numbness, fullness, or squeezing
- Angina can also be mistaken for indigestion or heartburn
- Angina is usually felt in the chest, but may also be felt in the left shoulder, arms, neck, back or jaw

IF you have angina symptoms or any of the symptoms below that last more than 5 minutes, get to the hospital as soon as possible. You could be having a heart attack.

- Difficulty breathing or shortness of breath
- Sweating or “cold sweat”
- Nausea or vomiting
- Light-headedness, dizziness, extreme weakness or anxiety
- Rapid or irregular heart beats



Monitor Your Blood Pressure

High blood pressure stiffens blood vessels and makes the heart work harder, causing increased pressure on your heart. Keep a diary on blood pressure and give it to your health care provider on your next visit.

Blood Pressure Record (sample)

Date _____ Reading _____

Date _____ Reading _____

Date _____ Reading _____

We have compiled a list of local resources that provide a variety of programs, classes and support groups. Some classes and programs may charge a fee. Those fees may be covered by your Samaritan health plan. Check your member handbook or contact your plan for assistance.

CHRONIC CONDITION PROGRAMS

Heart Health Education and Support

Albany 541-812-5441

Corvallis 541-768-5323

Lebanon 541-451-7178

Living Well with Chronic Conditions

Benton, Lincoln and Linn counties,

541-768-6070

Six-week workshop that teaches practical skills for living a healthy life with an ongoing health condition.

TOBACCO USE

Oregon Quit Line

1-800-QUIT-NOW (1-800-784-8669)

Spanish Language Line

1-877-2NO-FUME (1-877-266-3863)

www.oregonquitline.org