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.
Problems 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?