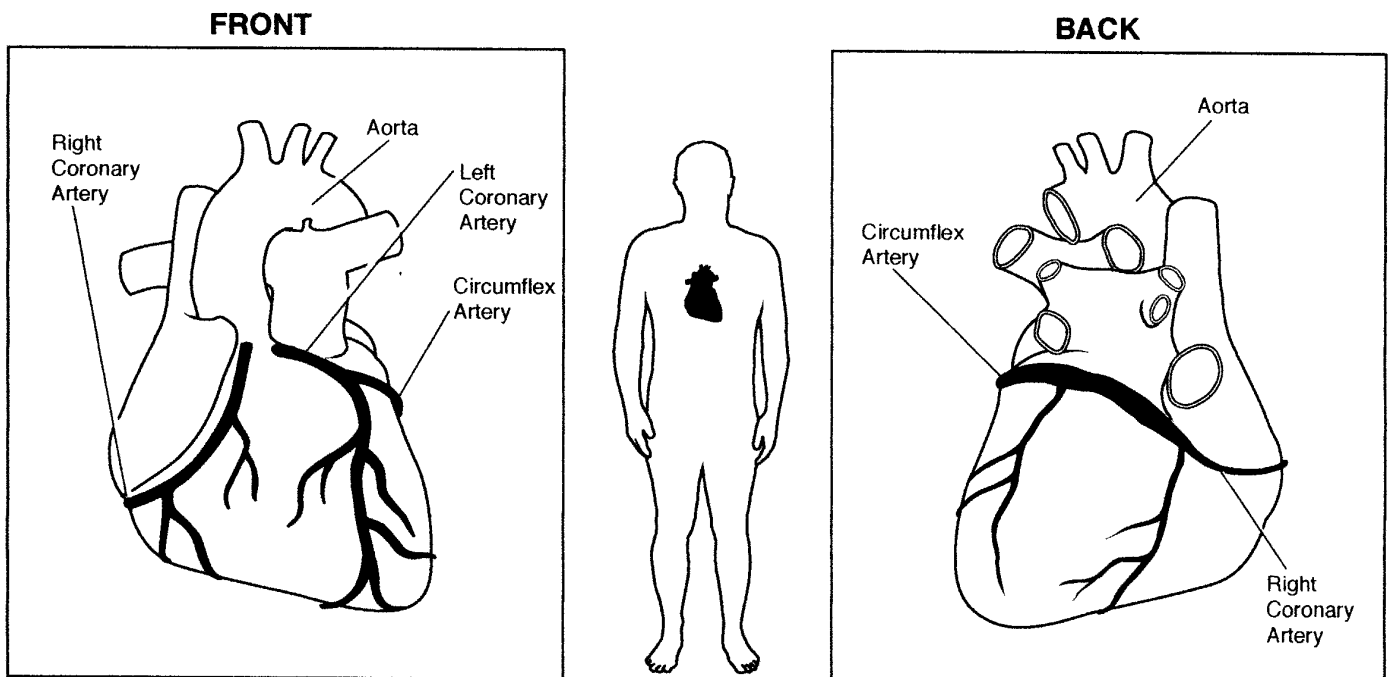


Coronary Artery Disease (CAD)

Coronary artery disease is also called heart disease or atherosclerosis. It is the hardening of the blood vessels by fatty deposits called plaque.

The heart must get oxygen and nutrients to work well. Blood carries the oxygen and nutrients to the heart through the blood vessels called arteries. As the plaque builds up, blood flow to the heart muscle is decreased. When blood flow is decreased, it can cause chest pain, shortness of breath, or a heart attack to occur.



Signs

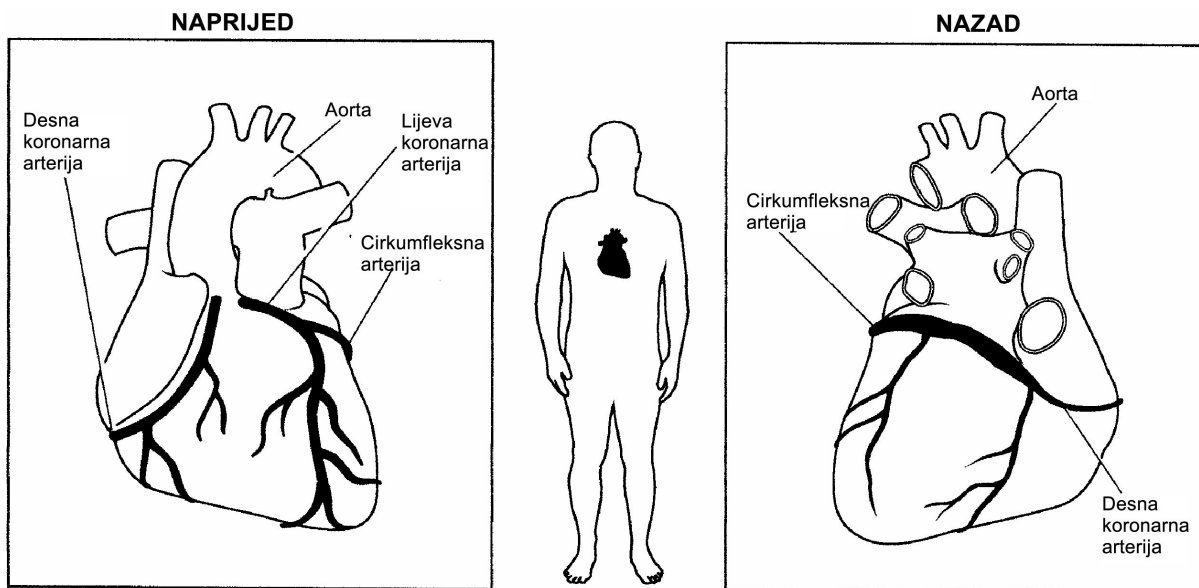
You may not have any signs or you may have:

- Pain or pressure in your chest, arm, jaw, shoulders or neck. It may spread from one place to another.
- Feeling of tightness, heaviness, squeezing or burning
- Sweating
- Shortness of breath
- Nausea
- Feeling very tired, dizzy or faint

Bolest koronarnih arterija

Bolest koronarnih arterija se naziva i oboljenje srca ili ateroskleroza. To je zadebljavanje krvnih žila masnim naslagama zvanik plak.

Srce mora dobijati kisik i hranjive tvari za svoj dobar rad. Krv prenosi kisik i hranjive tvari do srca putem krvnih žila zvanih arterije. Kako se taloži plak, smanjuje se dotok krvi u srčani mišić. Smanjenje krvotoka može uzrokovati bol u prsima, kratkoću daha ili može doći do srčanog udara.



Simptomi

Možete biti bez ikakvih simptoma ili možete imati:

- bol ili pritisak u prsima, ruci, vilici, ramenima ili vratu koji se može širiti sa jednoj mjestu na drugo.
- osjećaj pritiskanja, težine, stezanja ili pečenja
- znojenje
- kratkoću daha
- mučninu
- osjećaj velikog umora, vrtoglavice ili nesvjestice

Risk Factors

You are at higher risk for getting coronary artery disease if you:

- Have a family history of the disease
- Have high cholesterol, diabetes, or high blood pressure
- Smoke or use tobacco
- Are inactive
- Have stress
- Are overweight

Changing even one risk factor can improve your heart health. You can prevent the disease from getting worse and may even help to improve it.

Your Care

The goal is to improve blood flow to your heart muscle and decrease your risk of heart attack. Your care may include:

- Medicines
- Exercise
- A low fat diet
- Treatment or Surgery
- A cardiac rehab program

No matter what type of care is done, it does not “cure” the disease. You need to change your risk factors and follow your care plan.

Talk to your doctor about your care or any questions you may have.

Faktori rizika

Vi ste pod većim rizikom dobijanja bolesti koronarnih arterija ako:

- imate porodičnu istoriju bolesti
- imate visok holesterol, dijabetes ili visok krvni tlak
- pušite ili upotrebljavate duhan
- niste aktivni
- imate stres
- imate prekomjernu težinu

Promjenom čak i samo jednog rizičnog faktora možete poboljšati zdravlje svoga srca. Možete spriječiti napredovanje bolesti, pa čak i poboljšati zdravlje.

Vaša njega

Cilj je poboljšati protok krvi u srčanom mišiću i smanjiti rizik od srčanog udara.

Vaša njega može uključiti:

- lijekove
- vježbe
- dijetu sa niskim sadržajem masnoća
- liječenje ili operaciju
- kardiološki rehabilitacijski program

Bez obzira kakva vrsta njege je sprovedena, ona ne „liječi“ bolest. Morate izbaciti svoje rizične faktore i slijediti svoj plan njege.

Razgovarajte sa svojim doktorom o svojoj njezi ili o bilo kakvim pitanjima koja možda imate.