

Coronary Heart Disease



Risk Factors

- **Age**
People 65 and older are at a greater risk for CHD.
- **Gender**
Men are more likely than women to have ever been told they have CHD.
- **Heredity/Genetics**
The risk of CHD increases two to three times if a close relative has the disease.
- **Tobacco use**
- **High blood cholesterol:**
Above 240 mg/dL
- **Physical inactivity**
- **Obesity**
- **Diabetes**
- **High blood pressure:**
 - Systolic (top number) above 140 mm Hg
 - Diastolic (bottom number) above 90 mm Hg

Increases the Risk of Other Diseases:

- **Stroke**
- **Sudden cardiac death**
CHD accounts for over half of cardiovascular disease deaths in the U.S.
- **High blood pressure**
- **Heart attack**
- **Angina pectoris:**
Chest pain or discomfort

Coronary Heart Disease (**CHD**) is the most common heart condition in the United States. It happens as the result of **atherosclerosis** – when the coronary arteries that supply blood to the heart harden and get smaller because they fill with **plaque** (fatty deposits). Plaque in these arteries makes it harder for blood to travel through them to give nutrients and oxygen to the heart.

Prevention

- **Don't smoke**
Quitting smoking can decrease the probability of having CHD by at least half.
- **Be physically active**
- **Eat healthful foods**
Eat five servings of fruits and vegetables each day.
- **Control weight**
- **Avoid drinking too much alcohol**
Women should drink no more than 1 drink per day and men should drink no more than 2.
- **See a doctor regularly**
 - Monitor cholesterol level.
 - Blood pressure should be checked at least every two years if there is a history of high blood pressure.
 - Control diabetes.

For more information and data, go to

www.SDHealthStatistics.com

Community Health Statistics Unit:
619-285-6479

Facts

- CHD is the single leading cause of death in the U.S.
- Each year, more than 900,000 Americans have a heart attack. Of these, nearly one-third are among people who have previously had a heart attack.
- Although more Whites die from CHD than other races, Blacks have the highest rate of death from CHD than all other races.

Resources

American Heart Association
www.americanheart.org

For help to quit smoking in San Diego County:
1-800-NOBUTTS

