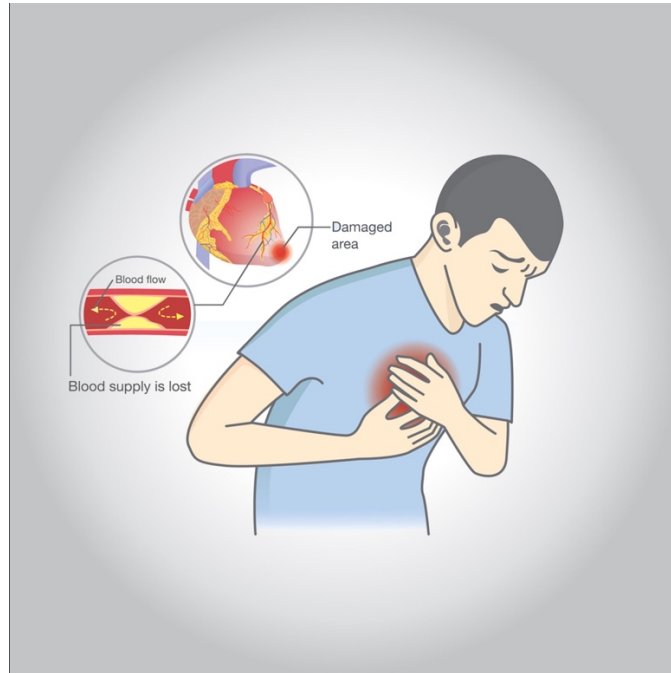


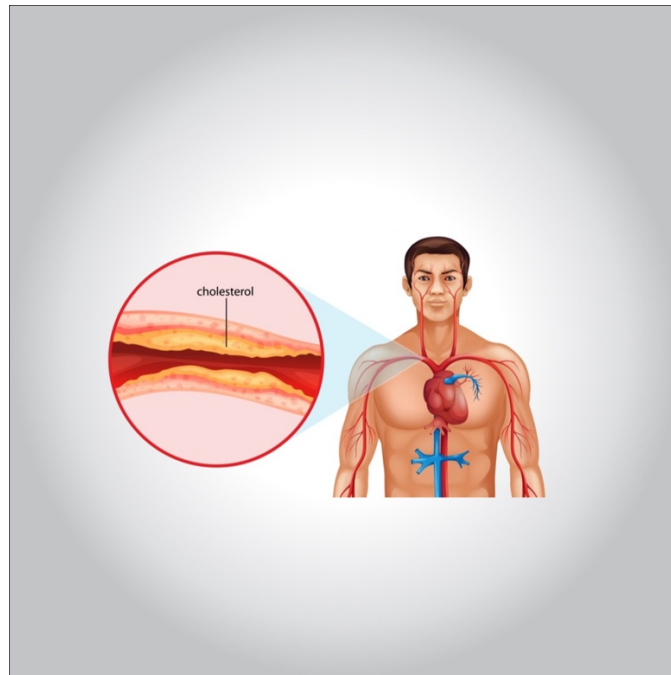
Coronary Heart Disease



Coronary artery disease occurs when the main blood vessels that supply your heart are damaged or injured. Coronary artery disease is usually caused by cholesterol-containing deposits (plaques) in the coronary arteries and inflammation. Coronary arteries supply your heart with blood, oxygen, and nutrients

Reasons

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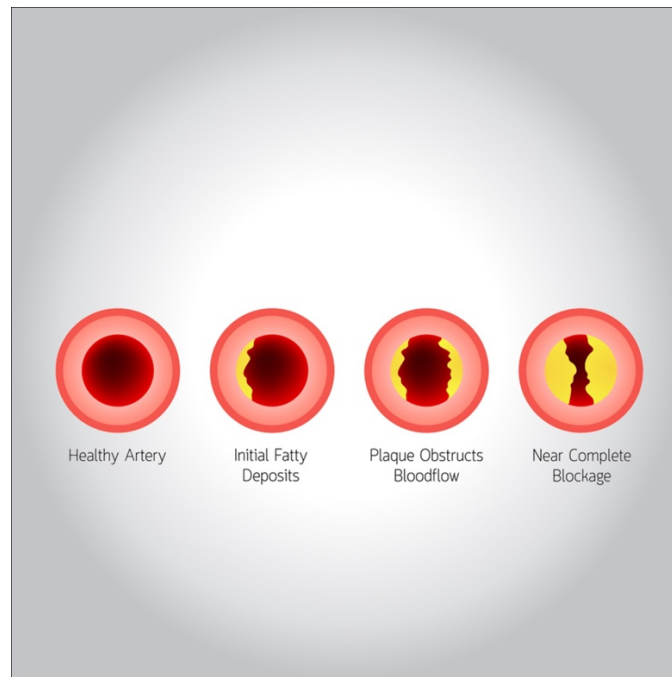


The main symptoms of coronary artery disease are:

- **pain in chest.**
- **Choking in the chest (you may feel its symptoms in areas other than the chest, such as: the shoulder, arms, neck, back and jaw). These are its signs: Feeling of heaviness. The presence of pressure. Intermittent pain; burning sensation of numbness ...**
- **shortness of breath.**
- **Irregular heartbeat.**
- **General weakness and dizziness.**

Protection

- **Quit Smoking.**
- **Control of medical conditions such as high blood pressure, high cholesterol, and diabetes.**
- **Maintain your physical activity.**
- **A diet low in salt, low in fat, and rich in fruits, vegetables, and whole grains.**
- **Maintain a healthy weight.**
- **Reducing and controlling stress**



Treatment or treatment

Many drugs can be used to treat coronary artery disease, including Cholesterol-modifying drugs. These medications reduce (or modify) the essential substance that deposits in the coronary arteries. As a result, cholesterol levels decrease, especially low-density lipoprotein (LDL or “bad”) cholesterol.