analysi coronari heart diseas coronari heart diseas chd also known ischem heart diseas sit helm global health concern silent thief progress narrow coronari arteri vital vessel suppli oxygen-rich blood heart muscl narrow caus buildup fatti deposit atherosclerosi restrict blood flow lead chest pain angina short breath sever case heart attack heart failur consequ devast understand risk factor caus treatment option empow individu take control heart health heart chd lie atherosclerosi complex interplay cholesterol level inflamm injuri inner line coronari arteri elev level ldl cholesterol `` bad `` cholesterol contribut format fatti plaqu within arteri wall plaqu ruptur trigger blood clot format obstruct blood flow complet block arteri lead heart attack sever risk factor contribut develop chd modifi risk factor influenc lifestyl choic includ unhealthi diet physic inact smoke excess alcohol consumpt uncontrol stress unhealthi diet high satur tran fat cholesterol refin carbohydr promot ldl cholesterol buildup diet rich fruit veget whole grain help lower physic inact weaken heart contribut weight gain increas chd risk smoke damag arteri line acceler atherosclerosi excess alcohol consumpt rais blood pressur neg impact cholesterol level chronic stress elev stress hormon constrict blood vessel increas risk blood clot non-modifi risk factor beyond direct control also play role age signific factor risk chd increas advanc year genet also influenc individu 's suscept chd famili histori heart diseas indic higher risk addit pre-exist condit like high blood pressur hypertens diabet high blood cholesterol elev chd risk fortun numer treatment option exist chd lifestyl modif cornerston manag heart-healthi diet regular physic activ smoke cessat weight manag crucial control cholesterol level manag blood pressur improv overal cardiovascular health medic play vital role statin mainstay treatment lower ldl cholesterol antiplatelet medic like aspirin help prevent blood clot case procedur like angioplasti open block arteri balloon bypass surgeri creat new rout blood flow may necessari restor blood flow heart muscl live chd requir ongo monitor manag regular doctor visit adher medic regimen commit healthi lifestyl crucial optim heart health cardiac rehabilit program provid valuabl support educ individu chd manag risk factor implement treatment strategi embrac heart-healthi lifestyl individu chd significantli improv qualiti life live long fulfil live