

# Managing Your Heart Disease and Blood Clots

## What are CAD and PAD?

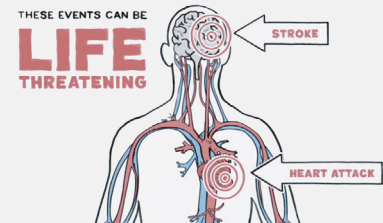
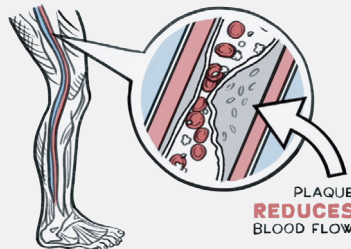
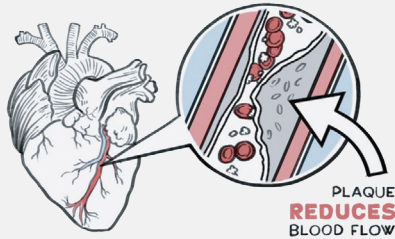
Coronary artery disease, or CAD, is the most common form of heart disease and the leading cause of death for both men and women.<sup>1</sup> It's a progressive condition that is the result of plaque buildup, or atherosclerosis, in the arteries that supply blood and oxygen to the heart.<sup>2</sup> It is also common for people with CAD to have peripheral artery disease, or PAD, a condition in which plaque buildup occurs in the arteries that supply blood to your limbs, usually your legs.<sup>3</sup>

EACH YEAR CAD CLAIMS  
**360,000**  
LIVES IN THE US

AND PAD AFFECTS  
**8.5 MILLION**  
IN THE US

## How do these conditions progress?

As areas of plaque build up over time, less blood can get through the arteries to supply your heart and limbs with the oxygen they need to function.<sup>2</sup> In addition to reduced blood flow, these plaque buildups can rupture and trigger your body's natural healing response: blood clotting. If a blood clot forms and breaks loose, it can get lodged in the arteries in your heart, which can lead to a life-threatening heart attack. If a clot travels to your brain, it can cause a stroke.<sup>3</sup>



## What are some symptoms?<sup>4,5</sup>

- CHEST PAIN
- SHORTNESS OF BREATH
- FATIGUE
- PAIN OR CRAMPS IN ONE OR BOTH LEGS

## What are some contributing factors?<sup>4,5</sup>

- DIABETES
- HIGH BLOOD PRESSURE
- HIGH CHOLESTEROL
- SMOKING
- FAMILY HISTORY

People who have both CAD and PAD have an even higher risk for these types of blood clot-related events than people with CAD or PAD alone.<sup>6,7</sup>

**“The best thing you can do is quit smoking, maintain a heart-healthy diet and stay active. Studies show that people with CAD who quit smoking can reduce their risk for heart attack and cardiovascular death by 50 percent!”<sup>8</sup>**

**Dr. Joanne Foody, MD, FACC, FAHA, Cardiologist**

Vice President, Compound Development Team Leader, Janssen Pharmaceuticals, Inc.



For many years, aspirin has been a trusted treatment option to help reduce the risk of blood clots that may cause a heart attack or stroke. However, we now know that aspirin may not be enough. Treatment advances have expanded our options for potentially further reducing the risk of blood clot-related events, so it is important to talk to your doctor about what more could be done to help keep you protected.

**ASPIRIN** HAS BEEN A TRUSTED TREATMENT FOR



**BUT ASPIRIN ALONE MAY NOT BE ENOUGH**

**Learn about how you can help reduce your risk of blood clot-related events at [ClotWise.com](https://www.clotwise.com)**

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