

# SUNDAY MORNING Health Corner

## Coronary Artery Disease Awareness



Heart disease is the leading of death in the United States. Annually an estimated **659,000 people** die from heart disease —that's **1 in every four** deaths!

**Coronary artery disease** (CAD) is one of the most common types of heart disease, affecting approximately **16.5 million** Americans over the age of 20. **For African Americans specifically, heart disease like CAD remains more common than in any other ethnic group** due to risk factors like hypertension, diabetes, and obesity. Social and economic barriers that limit access to quality health care are additional factors.

### What is coronary artery disease?

**Coronary artery disease** (CAD) is a type of heart disease that develops when the heart's arteries are unable to deliver enough oxygen-rich blood to the heart. [1] **It is also referred to as coronary heart disease or ischemic heart disease.** CAD is caused by plaque buildup in the walls of the arteries that supply blood to the heart (called coronary arteries) and other parts of the body. [2]

### Risk factors include:

-  Diabetes
- Excessive alcohol consumption
- Family History
- High Blood Pressure and Cholesterol
- Physical Inactivity
-  Obesity
- Poor diet
- Smoking
- Stress



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