SUNDAY MORNING
Health Corner

Coronary Artery Disease Awareness

Heart Disease is the leading cause 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. 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.

Risk Factors Include:

Diabetes
Excessive Alcohol Consumption
Family history
High Blood Pressure and High Cholesterol
Physical Inactivity

Obesity
Poor Diet
Smoking
Stress

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