

Coronary Heart disease

English version

Heart disease is the third killer in Hong Kong



Heart

- Circulates the blood throughout our body

Coronary artery

- Circulates blood and nutrients to heart

Coronary Heart Disease

- Major cause of death among heart diseases
- Malfunction of heart due to occlusion of the coronary arteries

Risk factor

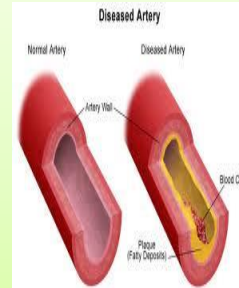
- Smoking
- High blood pressure
- High cholesterol level
- Obesity
- Diabetes
- Lack of exercise
- Stress
- Family History



Seek medical advice when the symptoms appear.

Formation of Coronary heart disease:

- Deposition of fat on the inner arterial wall
- Blockage of artery
- Obstructing blood flow
- Death of heart muscle due to lack of oxygen and nutrients



Common symptom:

- Chest pain
- Tightness, heaviness in the chest
 - Pain can spread down to arms, or up to neck, jaw, shoulder or back
 - Usually induced by physical exertion and relieved by rest
- Puffiness and shortness of breath
- Nausea, vomiting or indigestion



Prevention

- Stop smoking
- Balanced and healthy diet:
 - Low fat, low cholesterol diet
 - High fiber intake (fruit and vegetable)
- Regular exercise
- Regular body check
- Relax, strike a balance between work and rest