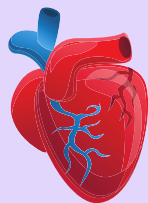




香港紅十字會
HONG KONG RED CROSS

Coronary Heart Disease

五星健康
五星家
社區健康
教育計劃

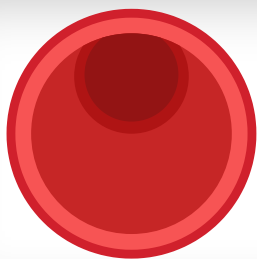


Heart and cerebrovascular disease rank third after cancer and pneumonia as a cause of death in Hong Kong. According to statistics from the Department of Health, Heart disease claimed 6561 registered deaths in 2020 and coronary heart disease deaths accounted for 66.6% of all deaths caused by heart disease in 2015.

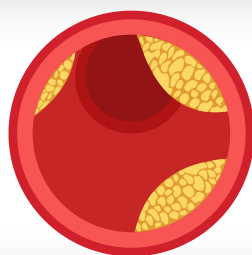


What is Coronary Heart Disease (CHD)?

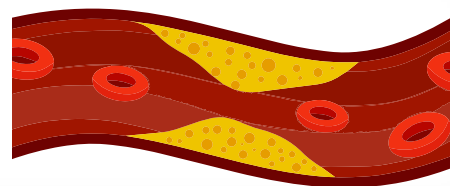
Coronary arteries are a system of blood vessels that supply heart muscles with oxygen and nutrients to keep the heart functioning. If the coronary arteries become narrowed or blocked, blood flow to the heart will diminish and the supply of oxygen to the heart muscles will decrease or stop.



Normal coronary arteries



Excessive cholesterol buildup in the coronary arteries



Narrows the arterial lumen and reduces blood supply to the myocardium
*Leading to CHD

Risk Factors

Uncontrollable risk Factors :

- Age
- Gender (Higher risk in Males)
- Genetics

Lifestyle

- Unhealthy eating habits
- Lack of exercise
- Overweight and obesity
- Smoking
- Chronic stress

Chronic illness

- Hypertension
- Diabetes
- Hyperlipidemia

Environmental factors

- Air pollution
- Noise pollution

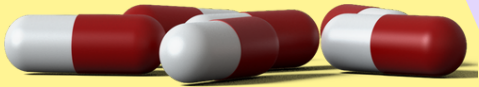
Common signs and symptoms

- Chest pain or feeling tightness, or heaviness in the chest (The pain can spread down one or both arms, or up to neck, jaw, shoulder or back)
- Shortness of breath
- Paleness, sweating or weakness
- Nausea or vomiting

*The pain is usually induced by physical exertion, emotionally unstable and when the temperature drops.

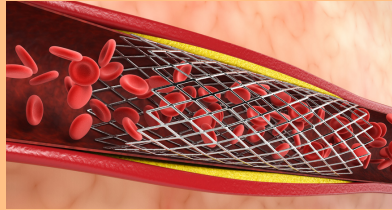
Treatment

Treatment methods vary depending on the stage of CHD



Medications

- Antihypertensive drugs
- Antihyperlipidemic drugs
- Aspirin and other antiplatelet drugs



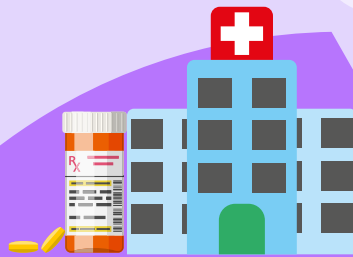
Percutaneous coronary intervention (PCI)

The cardiologist guides a catheter to the narrowed part of the heart artery. A tiny balloon is inflated to help widen the blocked artery and improve blood flow and a stent may be placed in the artery during PCI.



Coronary artery bypass graft surgery (CABG)

is an open-heart surgery. A surgeon takes a healthy blood vessel from another part of the body to create a new path for blood in the heart. The blood then goes around the blocked or narrowed coronary artery.



Take medications as prescribed and follow up as scheduled



Having balanced diet



Don't smoke

Prevention



Suitable physical activity
(*based on your physical condition)

Get adequate rest and avoid stress