

Coronary Heart Disease

What Is CHD?

The coronary arteries are the blood vessels that supply blood to the heart. They can become narrowed by a gradual build-up of fatty material within their walls. In time an artery may become so narrow that it cannot deliver enough oxygen-containing blood to the heart muscle when its demands are high – such as during exercise. This results in a heaviness or tightness in the chest called angina and is caused by the heart muscle becoming short of oxygen.

What Is a Heart Attack?

A heart attack happens when a narrowed coronary artery becomes completely blocked and the area of heart muscle it supplies dies because it gets no oxygen. The chest pain that comes with a heart attack is usually more severe than angina and lasts longer.

What Causes CHD?

The main risk factors for this condition are:

- Smoking
- High blood pressure
- High cholesterol
- Diabetes
- Lack of exercise
- Drinking too much alcohol
- Family history of angina or heart attack before age 60
- Obesity

What Do We Do?

Our aims are:

To reduce the risk of heart attacks in those with established CHD (secondary prevention)

To try to stop patients at high risk from developing CHD (primary prevention)

How do I make an appointment?

You can make a routine appointment with the Nursing Team to be seen during normal surgery hours.

The tip of the iceberg?

Current statistics show that one in three of us will die of heart disease. The increase in the prevalence of diabetes in middle and old age due to more people becoming obese is very worrying

because it is an important risk factor in the development of CHD. Fortunately, many of us are becoming aware of the importance of diet, exercise and giving up smoking.