

HEALTH TIPS

Make Health Happen

Coronary Artery Disease (CAD)

IT'S ONLY THE SIZE OF A FIST, BUT YOUR HEART IS THE STRONGEST MUSCLE IN YOUR BODY

Taking care of your heart is one of the best things you can do for your health.

Your coronary arteries supply blood to your heart. When these arteries get clogged, it is called coronary artery disease, also known as CAD.

- Arteries get blocked when something called plaque builds up over time.
- Plaque is made of fat, cholesterol and other things.
- Your arteries start to get blocked when you are young.

Sooner is better

It's best to take good care of your heart before it turns into a problem. Get regular checkups. Your doctor can tell you if you have CAD, or if you are at risk. Then, if you need to, you can take steps to control the disease.

Causes of CAD*

You can't see your heart, so here are some things to look out for.

Smoking more than doubles your chances of having heart disease.

Being overweight makes your heart work harder. It also raises your blood pressure and cholesterol.

High blood pressure also increases your heart's workload – and your risk of heart problems.

High cholesterol levels can block your arteries over time.

Not exercising makes your heart weak. Your heart loves a good workout.

Tips to take to heart

Changes like these are not easy. But the health of your heart is worth it. And even small changes can make a big difference.

Check one item you'd like to try:

___ I will smoke less and talk to my doctor about how to quit.

___ I will watch what I eat and try to:

- Eat more chicken and fish.
- Eat more whole grain breads, fruits and vegetables.
- Eat less cheese, butter and red meat.

___ I will try to get more exercise.

Myth: Most people think that only older people have heart disease.

Fact: Heart attacks and other problems from heart disease happen in people as young as 40.

*American Heart Association website: Coronary Artery Disease – Coronary Heart Disease (August 30, 2013): www.heart.org.



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Helpful phone numbers for UniCare members only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

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