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## Coronary Artery Disease

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

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- I. The client/caregiver can define coronary artery disease.**
- It is a progressive disease characterized by a narrowing or blockage of one or both of the coronary arteries causing a decreased blood supply to the heart.
  - The decreased blood supply creates a lack of oxygen and nutrients to the heart and can cause tissue damage.
  - The disease develops slowly and may be very advanced before symptoms occur.
  - The primary cause is atherosclerosis, which is the buildup of fatty, fibrous plaque on the inner wall of the artery, causing it to become narrowed and hardened.
  - Another cause is arteriosclerosis, produced by loss of elasticity of arteries.
- II. The client/caregiver can list factors that may increase risk of coronary heart disease.**
- Controllable factors
    - Cigarette smoking
    - Elevated blood pressure
    - Stress
    - High-cholesterol diet
    - Obesity
    - Sedentary lifestyle
    - Diabetes mellitus
    - The use of estrogen oral contraceptives
  - Noncontrollable factors
    - Age (risk increases with age)
    - Sex (incidence rate in men is three times that of women)
    - Race (incidence rate is higher in blacks than in whites)
    - Family history
- III. The client/caregiver can list measures to prevent or manage coronary heart disease.**
- Limit cholesterol, sodium, and saturated fat intake (diets related to cardiovascular disease).
  - Take medication as prescribed.
  - Establish exercise program approved by physician.

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- IV. The client/caregiver can list possible complications of coronary heart disease.**
- Myocardial infarction
  - Angina pectoris
  - Heart failure
  - Dysrhythmias
  - Cardiac arrest

**RESOURCES**

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

National Institutes of Health  
[www.nih.gov](http://www.nih.gov)

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

National Cholesterol Education Program—National Institutes of Health  
[www.nhlbi.nih.gov/chd/](http://www.nhlbi.nih.gov/chd/)

CDC: Tobacco Information and Prevention Source (TIPS)  
[www.cdc.gov/tobacco/how2quit](http://www.cdc.gov/tobacco/how2quit)

United States Department of Health and Human Resources:  
Tobacco Cessation  
[www.surgeongeneral.gov/tobacco/](http://www.surgeongeneral.gov/tobacco/)

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