



CORONARY HEART DISEASE PATIENT INFORMATION LEAFLET



Q. What is coronary heart disease (CHD)

This is a term that describes what happens when your heart's blood supply is blocked or interrupted by a build up of fatty substances called Artheroma in the coronary arteries (main blood vessels of the heart)- this can cause angina (chest pains) if a coronary artery becomes completely blocked it can cause a myocardial infarction (MI or Heart attack)

Q. How common is CHD

In the UK there are an estimated 2.6million people living with the condition and Angina (the most common symptom of CHD) affects 2 million people

Q. What causes CHD?

It is usually caused by the build up of artheroma on the walls of the coronary arteries (artheroma are made up of cholesterol and other waste substances) This build up makes the arteries narrower and restricts blood flow to the heart this process is called artherosclerosis, your risk of developing this is significantly increased if you – smoke, have high blood pressure, do not take regular exercise , have diabetes - other risk factors include being obese or overweight, a family history of CHD in close relatives(i.e. parents brother and sisters particularly if developed problem under age of 65 yrs.)

Q. What can I expect from the medical practice?

You will be invited by letter for an annual review with the Practice Nurses at the CHD clinic if you have a diagnosis of any of the following conditions – Angina, have had a Heart attack (MI) coronary artery bypass graft (CABG), if you have had a procedures called angioplasty or stenting to your heart.

Two weeks prior to this review you will be asked to make a 10 min appointment with the nurse assistant for blood tests – these will check your kidney and liver function we will also do bloods to check your cholesterol level and a finger prick test for glucose (a test to check for diabetes).

At the CHD clinic your appointment will last approximately 20 minutes

- ✓ The practice nurse will discuss the results of your blood tests
- ✓ We will ask about any symptoms you may have
- ✓ We will ask about your medications
- ✓ We will check your Blood pressure and pulse
- ✓ We will weigh you
- ✓ We will discuss your smoking status and discuss lifestyle alcohol , diet, exercise , weight and advise where necessary,
- ✓ We may arrange an ECG (A short painless test which records the electrical activity of your heart) performed if you have not had this done in the past 5 yrs or your symptoms have changed or worsened.
- ✓ We will remind you to come for annual influenza vaccine and you will be offered a one off pneumonia vaccine if you have not already had this.

Q. what can I do

Attend for your reviews so that we can check that your Blood pressure is no higher than 150 / 90 (some patients may need to have a BP lower than this)

And your blood cholesterol is no higher than 4.5.

If you have had a CABG or stent, LDL part of cholesterol no higher than 2.

- take your medication regularly as prescribed by your doctor
- eat a healthy balanced diet , high in fibre, low in saturated fat, reduce salt intake
- stop smoking
- moderate alcohol intake to recommended sensible limits
- take regular exercise as able
- maintain a healthy weight
- Avoid stress where possible

If you have any questions your GP or nurse will be happy to help

Further help and websites

British Heart Foundation

www.bhf.org.uk

Chest heart and Stroke Scotland

www.chss.org.uk

NHS choices

www.nhs.uk



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