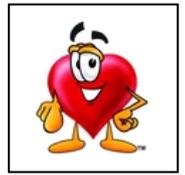




## CORONARY HEART DISEASE PATIENT INFORMATION LEAFLET



### **Q.What is coronary heart disease (CHD)**

This is a term that describes what happens when your hearts 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](http://www.bhf.org.uk)

Chest heart and Stroke Scotland

[www.chss.org.uk](http://www.chss.org.uk)

NHS choices

[www.nhs.uk](http://www.nhs.uk)



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