

Coronary artery disease

You've heard a lot about heart disease, but do you know what you can do to keep yourself healthy? Coronary artery disease, or CAD, occurs when the arteries that supply blood to the heart become narrowed or blocked. Learn to follow a few important steps and you can prevent heart disease or slow its progression if you already have it.

Know your numbers

Do you know your LDL (bad) cholesterol and blood pressure numbers?

High blood pressure and high cholesterol, particularly LDL, contribute to heart disease. But, reaching and maintaining recommended blood pressure and cholesterol goals can reduce your risks of heart disease complications.

There are several ways to achieve good blood pressure and LDL numbers. For people with heart disease, the LDL goal is less than 100, but it is important to talk with your doctor to set your personal LDL goal and develop a plan for reaching and maintaining that goal. The recommended blood pressure for people with heart disease is below 130/80.

Take medications as prescribed

Medications that are commonly prescribed for people with heart disease fall into three categories: statins, beta blockers, and ACE inhibitors. Work with your health care provider to find the medications that work best for you. With all medications, there are side effects and risks, so adherence to medication schedules and routine monitoring are important.

Be sure to talk with your doctor about daily aspirin, one of the easiest and safest ways for people who have heart disease to significantly reduce risk. In addition to medication, your treatment plan should also include watching what you eat, not smoking, and following your doctor's advice about exercise.

Take action

Through the ConnectionsSM Health Management Programs, you can learn how to manage your health and make informed, confident decisions as an active part of your care team. Making important medical decisions is a responsibility you share with your doctor. This program can help you get the support and encouragement you need to manage your care and be a more active participant in your health care.

To start managing your CAD, ask your health care provider to provide a written plan that shows the steps you need to take. For information and support to help you adhere to your provider's treatment plan, you can call the Connections Health Management Programs at 1-800-ASK-BLUE. Health Coaches are available 24/7.

About the Connections Health Management Programs

The Connections Health Management Programs are designed to help you become a more informed health care consumer. Available 24/7, Connections offers both disease management and decision support services.

Disease management services are for you if you have a chronic condition, such as diabetes, lung or breathing problems, or heart conditions. You can receive information and support to learn how to improve your health and overall quality of life. Decision support services can assist you if you are facing a significant medical decision or have an everyday health concern.

We're here for you every step of the way.

