Questions to Ask Your Doctor

- What caused my coronary artery disease?
- How severe is my coronary artery disease?
- What changes can I make to improve my health and reduce risks?
- Are there medications I can take, and how do they work?
- Do I need surgery or other medical procedures? What is involved?
- Are there any new options available to make procedures safer for patients like me?
- What are the risks and benefits of each treatment option?
- Where can I find more information to help me make the best decisions?
- What symptoms require a call to the doctor? To 911?

Contact Us

If you would like to receive support or need more information, please contact us at:

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Living Longer with Heart Disease

Discussion Guide for Patients & Caregivers
Did you know coronary artery disease is the most common type of heart disease in the U.S.?

- **Heart attack symptoms**—Extreme chest, arm or shoulder pain or pressure sometimes with sweating, jaw pain, nausea or vomiting. Women may have the same or different symptoms including neck pain and fatigue.

**Treating CAD**

Most people develop some plaque in their arteries, and CAD cannot be reversed, but it can often be treated. People with CAD can lead happy, healthy and active lives. Treatment options may be different for each individual patient. Some options are:

- **Medications** may be given to lower cholesterol, slow the heart rate, lower blood pressure, lower blood sugar, and reduce pain.

Sometimes surgery or other medical procedures are needed.

- **A coronary artery bypass surgery (CABG)** may be needed, especially if you have had a heart attack.

- **Angioplasty**, where the arteries are widened with a small balloon, may be used to help blood flow. A heart stent is often put in at this time.

Often with CAD, you will be encouraged to **make some lifestyle changes** that may include:

- eating a healthy diet reducing saturated fats and increasing lean protein, fruits and vegetables
- increasing activity/exercise level
- stopping smoking (if you smoke)
- reducing stress
- losing weight

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If you have been recently diagnosed with coronary artery disease (CAD), it's important to learn about CAD, treatment options available to you and ways to help you live with and manage CAD so you can reduce your risks and improve your life.