

> What is ischemic heart disease?

Ischaemic heart disease, also known as Coronary Artery Disease, is a condition that affects the supply of blood to the heart. If you have ischaemic heart disease it means the blood vessels carrying blood to your heart (your arteries) are narrow or blocked, due to deposition of cholesterol on the walls of your arteries resulting in reduced supply of oxygen and nutrients to your heart.

Your heart pumps oxygenated blood to all your other organs. If there is a problem with your heart, other organs such as your brain, liver and kidneys can be affected.

> What are the symptoms?

The main symptom is chest pain, known as angina. You can also feel breathless or have heart palpitations.

> What are the risks of ischemic heart disease?

If you have ischaemic heart disease you are at higher risk of having a heart attack, a stroke or heart failure

> What are the causes?

- Your chances of developing ischaemic heart disease are greater if you:
 - Smoke
 - Have high blood pressure
 - Have high blood cholesterol
 - Have diabetes
 - Are physically inactive and overweight

> What about my medications?

Take your medication as prescribed. Medicines are used to either reduce blood pressure or widen your arteries. Do not stop taking your medicine unless your doctor tells you to.

Self Care Tips

- Have a healthy diet
- Control your blood cholesterol and blood sugar level
- Maintain a healthy weight
- Be physically active
- Stop smoking

Diet tips to help you

Eating foods that contain high levels of saturated fats raises the level of cholesterol in your blood.

You can reduce the level of cholesterol by replacing saturated fats in your diet with unsaturated fats. Try to eat more:

- Oily fish like mackerel and salmon.
- Fruit and vegetables.
- Nuts, yoghurt, oats and barley.
- Cook with vegetable oils such as sunflower, olive oil and rapeseed.
- Reduce the number of meals you cook with butter and coconut oil.

References: NHS choices: <https://www.nhs.uk/conditions/coronary-heart-disease/treatment>
Public Health England: <https://www.gov.uk/government/publications/health-matters-combating-high-blood-pressure/health-matters-combating-high-blood-pressure>

Last reviewed February 2021

To contact Bromley Well call the Single Point of Access on **0808 278 7898** or Lifestyle Support on **07985 444210 / 07985 433045** Email enquiry@bromleywell.org.uk www.bromleywell.org.uk



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> Other resources

<p>British Heart Foundation</p> <p>www.bhf.org.uk</p> <p>Help Line 0300 330 3311</p> <p>heretohelp@bhf.org.uk</p>	<p>A national charity providing information and advice for the public and for health professionals. A really useful site containing lifestyle advice, the latest research and information about tests and treatments.</p>
<p>Bromley Heart Support Group</p>	<p>Meets quarterly at the Beckenham Beacon. Sessions consist of two talks by experts followed by Q&A. Contact emily.vickery@nhs.net or 01689 866184 for details.</p>
<p>NHS Live Well</p>	<p>NHS Live Well pages have information on topics such as eating well, exercise and maintaining a healthy weight.</p>
<p>NHS Conditions Cardiovascular Disease</p>	<p>NHS conditions pages contain information about the causes, symptoms and treatment of heart disease and advice for people living with the condition.</p>
<p>NHS Approved Apps</p>	<p>Links to NHS approved Apps designed to support you in making healthy lifestyle changes.</p>