Heart disease is a spectrum of diseases that can develop in utero or develop later in life from both medical and lifestyle causes. The most common form of heart disease is coronary artery disease, which occurs when the major blood vessels that supply the heart with blood, oxygen and nutrients become damaged or constricted. Cholesterol-containing deposits called plaque, and inflammation, are usually to blame for coronary artery disease.

**EARLY SIGNS AND SYMPTOMS OF HEART DISEASE**

The classic symptoms of heart disease are tightness or pressure in the chest, shortness of breath, difficulty breathing, radiating pain in the arm or jaw, nausea and/or dizziness. The exceptions are diabetic patients who may not exhibit any of these classic symptoms.

**WHAT YOU CAN DO**

There are several steps you can take, and lifestyle changes you can make, to positively impact heart health. Be sure to discuss any changes with your doctor before embarking on a heart healthy plan.

**GET MOVED:** Increase your physical activity to help burn calories and improve circulation.

**MAKE HEALTHY CHOICES:** Plan your meals with healthy fats, lean proteins and fiber.

**TEST FOR DIABETES:** Uncontrolled diabetes raises your risk of heart disease, so talk to your doctor to see if a test is right for you.

**LIMIT ALCOHOL CONSUMPTION:** Guidelines call for no more than one serving of wine or spirits per day for women and two for men.

**QUIT SMOKING:** Incudes cigarettes, marijuana and vaping. Investigate ways to quit or quit.

**CHECK YOUR BLOOD PRESSURE:** High blood pressure (above 130/80) is called a “silent killer” so have your blood pressure checked regularly.

**CHECK YOUR CHOLESTEROL:** Talk to your doctor about your blood cholesterol and triglyceride levels.

**MANAGE STRESS:** Consider spiritual practice, mindful meditation and stretching or talk with a professional to gain perspective and maintain calm.

**RISK FACTORS FOR HEART DISEASE**

There are many lifestyle factors that can affect heart disease risk, including:

**SMOKING:** Damages the lining of the arteries, leading to a buildup of fatty material that narrows the arteries; carbon monoxide in tobacco smoke reduces the amount of oxygen in your blood.

**DIET:** Increased body fat can cause enlargement of the upper chambers of the heart and abnormal heart beats.

**HIGH BLOOD PRESSURE:** Can cause the coronary arteries to become narrowed from a buildup of fat, cholesterol and plaque. Too much LDL cholesterol builds up in artery walls and blood flow to the heart is slowed or blocked.

**GENETICS:** People with premature coronary disease (calcium buildup) and/or second-generation patients should consider proactive screening.

**DETERMINING AND TESTING FOR HEART DISEASE**

- **SEE YOUR PRIMARY CARE DOCTOR ANNUALLY**
- **NON-INVASIVE TESTING**
- **CORONARY CALCIUM SCORING**
- **ANGIO CT SCAN**
- **CARDIAC CATHETERIZATION**

CATHOLIC HEALTH SERVICES – WORLD-CLASS CARDIAC CARE

**CHS: A LEADER IN CARDIAC CARE AND TREATMENT**

Catholic Health Services offers excellence in cardiac care on Long Island, led by St. Francis Hospital, The Heart Center™—consistently recognized as a national leader for cardiology and heart surgery by U.S. News & World Report.

Over the past 10 years, Good Samaritan Hospital Medical Center has developed an open heart surgery program to bring the same standard of care found at Nassau-based St. Francis Hospital to Suffolk County. It is recognized as one of the top 100 hospitals in the U.S. for stent and coronary artery disease.

Throughout the CHS system, highly skilled cardiologists oversee nationally-recognized cardiac programs, including valve replacement, heart failure, open heart surgery, arrhythmia, precision angioplasty and pediatric cardiology. CHS is also a leader in cardiac research, with active participation in clinical trials and research projects in all disciplines of cardiology.

**REVOLUTIONIZING CORONARY DISEASE**

St. Francis Hospital has incorporated an adjunct to angiograms exclusive to the CHS health care system: Optical Coherence Tomography (OCT). This revolutionary technique, currently used by only 3% of the global medical community, uses intravascular ultrasonography to examine coronary arteries. OCT provides exact information about a vessel and/or blockage allowing for precision angioplasty and stent placement. Advanced intravascular imaging with OCT and intravascular ultrasound are routinely performed during primary coronary intervention at Good Samaritan to optimize both procedural and clinical outcomes.

**VALVE REPLACEMENT WITHOUT SURGERY**

St. Francis Hospital is one of the top five facilities in the country replacing valve-related open heart surgery. Minimally invasive valve replacement has been done through the groin using a transcatheter aortic valve replacement (aka TAVR). A procedure—商圈 guide catheter anchors and expands a replacement valve inside the heart to restore normal blood flow and improve survival rates, specifically in patients who are at risk for surgery.

**INVESTED IN THE FUTURE**

St. Francis Hospital is also a forerunner in trials using breakthrough treatments. It was one of the first hospitals in the U.S. to perform new procedures for calcified arteries including intravascular lithotripsy, and angi shockwave therapy. St. Francis Hospital also evaluates treatment strategies as part of the Eclipse clinical trial and OCT as part of the Illumein trial. And, St. Francis Hospital is also a forerunner in trials using breakthrough treatments. It was one of the first hospitals in the U.S. to perform new procedures for calcified arteries including intravascular lithotripsy, and angi shockwave therapy. St. Francis Hospital also evaluates treatment strategies as part of the Eclipse clinical trial and OCT as part of the Illumein trial.

**IN ADDITION TO INTERVENTION AND SURGERY**

Another component to exemplary cardiac care at CHS is medical management and medication. This includes managing medication post-surgery, rehab options and lifestyle adjustments. Participating in a cardiac rehab program after therapy or post-surgery can benefit a number of conditions, keep patients invested in their health and offer greater success when their own post-rehab.

Sources: Richard A. Shiotzuda, MD, FACC, Chairman of Cardiology at St. Francis Hospital, New York Robinsom, Chairman of Internal Medicine and Cardiovascular and Vascular Surgery at St. Francis Hospital, Christopher Laquatra, MD, Chairman of the Department of Cardiacthoracic Surgery and Director of the St. Francis Hospital Cardiac Heart Surgery Program and the St. Francis Heart Valve Center, both at Good Samaritan Hospital Medical Center. A. Edward Ceperley, M.D., F.A.C.C., Chair of the Department of Cardiothoracic Surgery at Good Samaritan Hospital Medical Center.

**At the Heart of Health**

For more information on heart health and cardiology services at a Catholic Health Services facility, please call 888-Heart-NY or visit www.chs-hearthealth.org.