

# CORONARY ARTERY DISEASE DISEASE MANAGEMENT PROGRAM

## Welcome to Better Health

TRICARE East is pleased to offer a Coronary Artery Disease disease management program just for you.

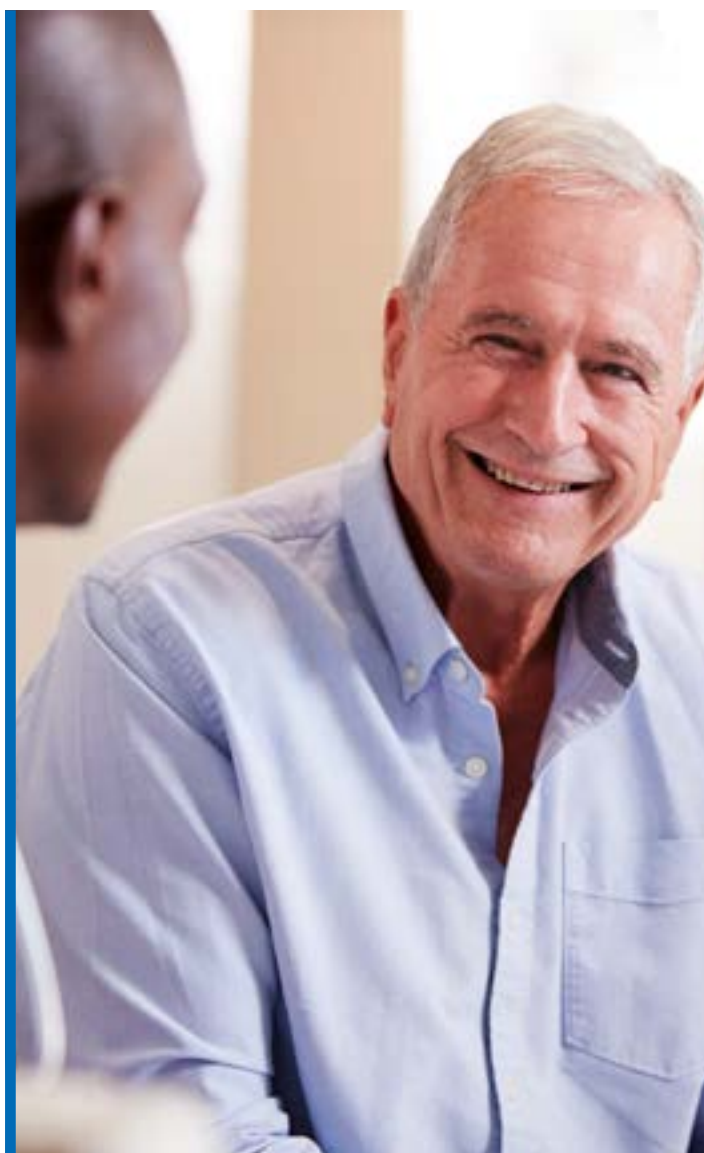
Nothing is more important than your health. When you have a chronic condition, staying healthy is often more difficult. You may need help in understanding your condition and identifying and managing your symptoms. That's what this health improvement program is all about. This brochure provides you with valuable information and guidance to help you take control of your health.

We believe you will benefit greatly as a participant in the CAD disease management program. This program is offered to you at no cost.

Please visit our website at [tricare.mil/eastdm](https://www.tricare.mil/eastdm) or call **800-881-9227** for more information about anxiety and our disease management initiative.

## Controlling Your CAD

1. Schedule and keep regular appointments with your doctor.
2. Lose weight if you are overweight.
3. Do not smoke.
4. Adopt healthy lifestyle habits and take medications as prescribed.



**EAST REGION**

[www.tricare.mil/east](https://www.tricare.mil/east)

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## Commonly Asked CAD Questions and Answers

### WHAT IS CORONARY ARTERY DISEASE?

? CAD is a disease that causes a buildup of plaque (a sticky substance) inside the arteries or vessels of the body. When the plaque begins to buildup, it narrows the arteries and reduces the flow of oxygen and blood through the body to the heart. If this is not corrected, it can lead to chest pain, heart attacks, stroke, blood clots, heart failure, and arrhythmias (an irregular heart rhythm).

### WHAT CAUSES CAD?

CAD has been known to be caused by several factors. The good news is that with regular care and lifestyle modification many of these things can be controlled. Causes of CAD include:

- Smoking
- High cholesterol/lipids
- High BP
- High levels of sugar in the blood (diabetes)
- Inflammation of blood vessels

This means that certain individuals may be at high risk for developing CAD.

### WHO ARE HIGH-RISK INDIVIDUALS?

- People with high blood pressure, also known as hypertension
- People with unhealthy cholesterol levels (low HDL (good cholesterol), high LDL (bad cholesterol))
- Smokers
- People with diabetes or insulin resistance
- Overweight/obese individuals
- People with a sedentary lifestyle
- People who keep an unhealthy diet (high fat, salt, sugar diets)
- Old age
- Family history
- People with metabolic syndrome

Other possible risk factors include sleep apnea, stress, alcohol use, and preeclampsia.

# CAD Treatment



CAD can be treated in many ways. It is important to consult with your doctor and come up with a treatment plan together. Treatment options may include lifestyle modifications, medication management, medical interventions, including procedures, and surgery, and sometimes cardiac rehabilitation. See what each of these involves below:

## LIFESTYLE MODIFICATION

### Include in your diet:

- Lots of fruit and vegetables
- Whole grains, instead of processed grains/foods
- Fat-free and low-fat products, including dairy
- Foods high in Omega 3-fatty acids a couple times weekly (such as tuna, trout, and salmon)
- Legumes (lima beans, kidney beans, black-eyed peas, and chickpeas)
- Foods high in monounsaturated or polyunsaturated fats (such as tofu, peanut butter, nuts and seeds, avocado, salmon, trout, olive oil, peanut oil, safflower oil, sesame oils, etc.)

### Avoid or restrict to low amounts:

- Avoid foods and drinks high in sugar (including some juices)
- Avoid cooking in oils/frying food
- Avoid trans fats
- Restrict red meat
- Monitor salt/sodium intake (opt for low or no salt options and try to keep below 2300 mg/day)
- Limit alcohol consumption (drinking too much can increase cholesterol and cause weight gain from caloric intake; men should have no more than two drinks a day and for women no more than one drink a day)
- Avoid foods high in saturated fats (animal based foods)

### If you eat foods high in saturated fats, follow this chart:

If You Eat	Try to Eat No More Than
1200 calories a day	8 grams of saturated fat a day
1500 calories a day	10 grams of saturated fat a day
1800 calories a day	12 grams of saturated fat a day
2000 calories a day	13 grams of saturated fat a day
2500 calories a day	17 grams of saturated fat a day





## WEIGHT LOSS



This can be accomplished through healthy eating and increased activity. It is recommended to keep your body mass index below 25, unless directed differently by your provider.

## BEING PHYSICALLY ACTIVE



To maintain and preserve health, it is recommended to participate in activity at least 2.5 hours per week. This usually breaks down to about 30-45 minutes at least 4-5 days weekly. Depending on your fitness level, you may even break this time up into 10-minute increments. Always discuss with your provider any activity recommendations or limitations before beginning an exercise plan. Benefits of exercise can include weight loss, decreased cholesterol, and decreases in blood pressure, among many others.

## REDUCE STRESS



It is important to manage stress healthily. Be sure to reach out for help if you are feeling overwhelmed and may need assistance. Utilize healthy coping mechanisms such as exercise, yoga, meditation, relaxation, support groups, and talking with a counselor, provider, or friend/family.

## DO NOT SMOKE:



Smoking is a risk factor for heart disease that you can control, but kicking the habit can be tough. Don't give up if you don't succeed on the first try. Many people who have quit tried several times before they succeeded. If you smoke, pick a quit day now.



## MEDICATIONS

CAD sometimes needs to be managed with both lifestyle changes as well as medication. Your doctor will discuss the needed medications which may include:

- **Statins or other lipid lowering medications:** To aide with controlling your cholesterol and reduce your risk of heart complications
- **Hypertension or high blood pressure medications:** To reduce the strain on the heart and vessels and decrease the hearts workload
- **Aspirin or antiplatelet medications:** To aide with decreasing risk for blood clots
- **Antiarrhythmic medications:** To help keep the heart beating normally
- **Nitroglycerin:** Typically taken under the tongue to aide with symptoms of chest pain/discomfort



Please remember to take all medications as prescribed to aide in reducing your risk for complications. If you have concerns or questions, please discuss this with your provider.

Also update flu and pneumonia vaccines regularly as guided by your provider.

## MEDICAL INTERVENTION: SURGERY/PROCEDURES



Sometimes plaque buildup or symptoms may become severe. In the event that this happens, medical intervention may be necessary. Sometimes this happens as a result of a medical emergency and other times we find the need for intervention during regular assessments. Below are some examples of interventions:

- **Cardiac catheterization:** A procedure that allows us to look at the heart and vessels
- **Angioplasty:** A procedure that allows opening of blocked/narrow vessels, many times resulting in a stent being placed to keep the vessel open
- **Coronary Artery Bypass Grafting:** A surgery that allows vessels from other parts of the body to be used to bypass the blocked/clogged arteries in the heart

## CARDIAC REHABILITATION



This is a program specifically geared for patients with heart disease. Please talk with your doctor to determine if you may qualify or be a candidate to participate.

Cardiac rehab is a collaboration of health care providers such as doctors, physical and occupational therapists, nutrition/diet experts, and mental health professionals that develop a plan and work to make you and your heart healthier and stronger.





## Follow Up and Ongoing Care



It is important to keep appointments with your provider and continue to follow the treatment plan. Typically this looks like having regular blood pressure monitoring, having fasting lipid profiles monitored by a physician, (frequency may include yearly or as advised depending on risk factors), depression screening, reassessment of smoking status, EKG on initial assessment and with any changes in symptoms, healthy lifestyle habits and medication management, keeping a list of medications and dosages updated and ready when needed for reference. By following recommendations and keeping your provider up-to-date with your symptoms and concerns, you can reduce your risks of complications, which can include:

- Heart attack, damage to heart muscles
- Arrhythmias (heart out of normal rhythm)
- Stroke
- Blood clots
- Sudden death

Symptoms to watch for:

- Chest pain, pressure, or discomfort
- Shortness of air
- Pain in the neck, jaw, arm or back
- Cold sweat
- Nausea and vomiting
- Lightheadedness

If any of these symptoms occur please contact 911, as these can be symptoms of a heart attack.

(Source: [nhlbi.nih.gov](http://nhlbi.nih.gov), [comhs.org](http://comhs.org))