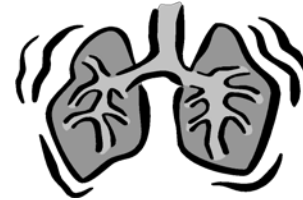


## What are CAD and CHF?

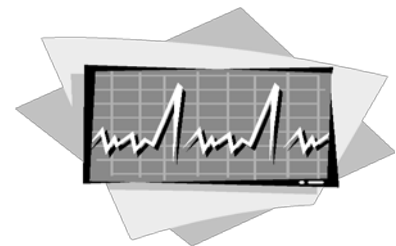
CAD, or Coronary Artery Disease, is when the heart has a build-up of plaque from fat, calcium, and cholesterol that prevents blood from going to the heart. If CAD is not taken care of, it could cause heart attacks or Congestive Heart Failure (CHF). CHF is when the heart cannot pump the needed amount of blood to other major organs. The blood coming into the heart gets backed up and causes fluid to collect in your lungs (making it hard to breathe), your abdomen (feeling of fullness not related to overeating), and your legs (becoming swollen and heavy).



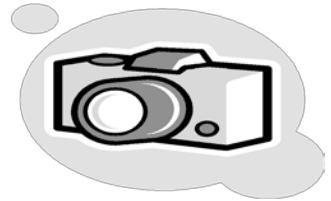
## How do I know if I have CAD or CHF?

There are many different types of tests to test for CAD and CHF. It is important that you discuss which test is better for you with your doctor. Listed below are some of the tests:

- Exercise Cardiac Stress Test (ECST): the patient does physical activity on a treadmill (or is given a drug to speed up heart rate) while nuclear images are set up to see whether the heart is receiving the right amount of blood flow.
- Electrocardiogram (EKG): measures the electrical activity of the heartbeat.
- Echocardiography: uses ultrasound waves to create images of the heart chambers, valves and surrounding structures.
- Chest X-Rays: measure size, density and shape of the heart.



- Blood Tests: check for cholesterol, sugar, proteins, and fat in the blood.
- Electron-Beam Computed Tomography: test for high calcium levels in the blood which can cause CAD and lead to CHF.
- Coronary Angiography: the most accurate method, this identifies exactly the location and severity of heart disease. During the coronary angiography, there is a process called cardiac catheterization where a flexible tube is inserted in a groin or arm artery.
- Thallium Scans: use cameras to record pictures of the heart.
- Brain Natriuretic Peptide Test (BNP): measure the amount of the BNP hormone in your blood. BNP is created by the heart and tells if the heart is working properly or not. Normal results means low amounts of BNP, while high amounts means heart failure as your heart is working harder than normal.



### What do your cholesterol numbers mean?

Cholesterol is necessary for the body to properly function, but too much cholesterol puts you at risk for heart disease. There are generally two types of cholesterol, the “good” type known as HDL or High Density Lipoprotein and the “bad” type known as LDL or Low Density Lipoprotein.

Use the following chart to see where you rate:

	<b>Desirable</b>	<b>At Risk</b>
<b>Total Cholesterol</b>	Less than 200	More than 240
<b>LDL</b>	Less than 100	More than 189
<b>HDL</b>	Greater than 40	Less than 40