

# Coronary Artery Diseases

**Coronary artery disease** is the most common type of heart disease. It results from atherosclerosis the gradual buildup of plaques in blood vessels that feed your heart (your coronary arteries).

Over time these plaques deposits of fat, cholesterol, calcium and other cellular sludge from your blood can narrow your coronary arteries, so less blood flows to your heart muscle. Diminished blood flow to your heart can cause chest pain (**angina**). A sudden complete blockage can lead to a heart attack.

## Signs and Symptoms

Coronary artery disease varies both in symptoms and severity. It may produce no symptoms, or it can produce chest pain of varying degrees as well as shortness of breath. It may also result in a heart attack.

Like any muscle, your heart needs a steady supply of oxygen rich and nutrient-full blood to function. Your coronary arteries encircle your heart like a crown hence the name 'coronary' and send branches into your heart muscle, supplying it with blood.

If your coronary arteries become narrowed they can't supply enough blood to your heart when it's beating hard such as when you exert yourself. Insufficient oxygen supply to the heart is called **ischemia**.

## Causes

Arteries are blood vessels that carry oxygen-rich blood away from your heart, to all of the tissues of your body including your heart itself, a muscular pump in your chest.

Healthy arteries including healthy coronary arteries are clean, smooth and supple. The artery walls are flexible and can expand to let more blood through when necessary. Artery disease is thought to begin with an injury to the linings of the walls of arteries. The injury makes them susceptible to **atherosclerosis**.

Atherosclerosis is the slow, progressive buildup of deposits called plaques on the inner walls of your arteries. Plaques are deposits of fat, cholesterol, calcium and other cellular sludge from your blood.

These plaques both narrow and harden arteries. Plaques alone can significantly block your coronary arteries and arteries throughout your body. They can also become fragile and rupture, forming blood clots at the site that can block blood flow to your heart or elsewhere in your body. Atherosclerosis often occurs when you have high levels of low-density lipoprotein (LDL) cholesterol so called 'bad' cholesterol in your blood. High blood cholesterol can be an inherited problem, but it's also typically a byproduct of poor health habits such as eating a high-fat, high-cholesterol diet, which is common in Western societies. When the level of cholesterol in your blood is high, there's a greater chance that it will be deposited onto your artery walls.

In addition to high blood cholesterol, high blood pressure and smoking contribute to atherosclerosis and thus, to coronary artery disease. Obesity and physical inactivity are other factors that can contribute to this disease.

## Benefit of SGS Therapy

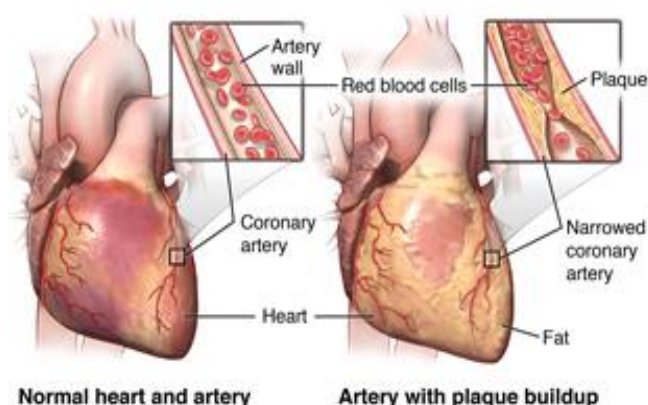
- **Maintains Accurate Lipid profile & An ideal cholesterol level**
- **Cleans all arteries of the body for its natural function**
- **Removes all types of plaques like fat, cholesterol, calcium & other cellular sludges**
- **Converts Hardened arteries into flexible arteries for smooth function**

## Suggested Products:

**SH&WK: OmegaSat:** 1 soft gel 2 Times after meal

**Minerjal:** 7 drops 4 times in 200 ml drinking water

**Alproxy:** 1 tab 3 times after meal



A heart attack occurs when an artery supplying your heart with blood and oxygen, becomes blocked. With each passing minute, more tissues deprived of oxygen and deteriorate or die. Restoring blood flow within the first hour, when most damage occurs is critical to survival of the tissue.

