

Anginapectoris isadiseasemarkedbybrief paroxysmalattacks ofchestpainprecipitatedby deficientoxygenationoftheheartmuscles. [More](#)

Coronaryarterydisease ,alsocalledcoronary diseaseorcoronaryheartdisease,isacondition(as sclerosisorthrombosis)thatreduces thebloodflow throughthecoronaryarteriestotheheartmuscle. [More](#)

InDepth

Findanswersinourin-depthreportonanginaand CAD:

- [WhatareanginaandCAD?](#)
- [Whatarethesympoms?](#)
- [Whatarethefactor?](#)
- [Howaretheconditionsdiagnosed?](#)
- [Whatarethetreatments?](#)
- [Whatarethescreeningtests?](#)
- [HowcanIreducemyrisk?](#)
- [WhatquestionsshouldIaskmyhealthcare provider?](#)

DiagnosticandSurgicalProcedures

- [Cardiacatheterization](#)
- [Coronaryangioplasty](#)
- [Coronaryarterybypassgrafting](#)
- [Echocardiogram](#)
- [Electrocardiogram](#)
- [Exercisestresstest](#)

PreventingAnginaandCAD

Achievingandmaintainingahealthfulweight

Nevermindthefaddiets,weight-losspills,and zanyherbalremedies—itallcomesdowntoa balanceddietandaregularexerciseprogram.

Eatingadietlowinsaturatedfat,transfat,and cholesterol

Ahighlevelofcholesterolinthebloodisamajor riskfactorforcoronaryheartdisease,whichleads toheartattack.Learnaboutthedifferentkindsof fatsandhowyoucanmakebetterfoodchoices.

Startaregularexerciseprogram

Exercisehelpskeepyourbodyhealthyandyour

PreventingAnginaandCAD(Continued)



Tipsforreducingstressinyourlife

Manypeoplefeelstressoften;someevenfeelitasapartof theirdailylives.Stresshasbeenimplicatedasapossible causeof—oratleastexacerbating—someofthesymptoms of—numerousconditions,includingcoronaryarterydisease.



Tipstohelpyoustopsmoking

Cigarettesmokingisthesinglemostpreventablecauseof deathintheUnitedStates.Ifyouhavethoughtaboutquitting buthaven'tbeenableto,herearesomereasonswhy you shouldandsomewaystodoit.

RelatedConditions

- [Alcoholabuse](#)
- [Cardiomyopathy](#)
- [Diabetes](#)
- [Heartattack](#)
- [Highbloodpressure](#)
- [Highcholesterol](#)
- [Hyperlipidemia](#)
- [Metabolicsyndrome](#)
- [Obesity](#)

RelatedCenters

- [Diabetescenter](#)
- [Stressmanagementcenter](#)

NaturalandAlternativeTreatments(ByCondition)

- [Angina](#)
- [Atherosclerosisandheartdiseaseprevention](#)
- [Cardiacarrhythmia](#)
- [Congestiveheartfailure](#)
- [Heartattack](#)
- [Highcholesterol](#)
- [Highhomocysteine](#)
- [Hightriglycerides](#)

tissue and organs working properly. In keeping your body in good working order, exercise also helps ward off many diseases such as heart disease, stroke, type 2 diabetes, osteoporosis, and many others.

Resources

- American Heart Association National Center
<http://www.americanheart.org>
- The National Heart, Lung, and Blood Institute
<http://www.nhlbi.nih.gov/health>