Joydens Wood Pharmacy

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Opening Times

Monday 9am - 6.30pm
Tuesday 9am - 6.30pm
Wednesday 9am - 6.30pm
Thursday 9am - 6.30pm
Friday 9am - 6.30pm
Saturday 9am - 4.00pm
Closed for Lunch 1pm - 2pm

Your FREE Healthy Living Leaflet for January 2018

1. What is coronary heart disease?
2. What causes this?
3. What can this lead to?
4. How is coronary heart disease treated?
5. What is a heart attack?
6. What are the symptoms of a heart attack?
7. What is angioplasty?
8. How can I reduce my risk?
9. What is heart failure?
10. What should I do if someone has a heart attack?

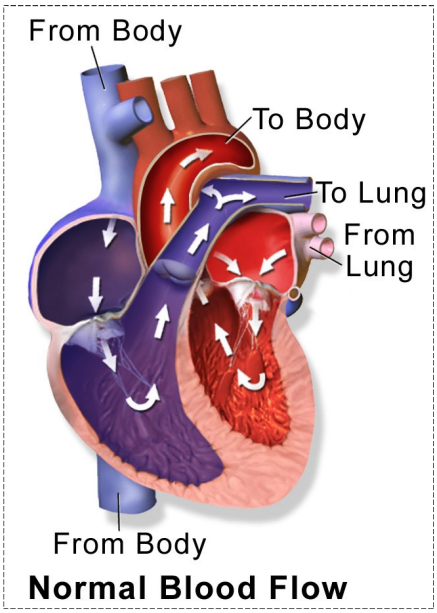
Do you look after your heart ?

Answers on the bottom of page two

What is coronary heart disease?

Your heart is a muscle about the size of your fist. It pumps blood around your body and beats at approximately 70 times a minute. After the blood leaves the right side of your heart, it goes to your lungs where it picks up oxygen. This oxygen rich blood returns to your heart and is then pumped to the body's organs through a network of arteries. The blood returns to your heart through the veins before being pumped back to your lungs again. This process is called circulation.

Your heart gets its own supply of blood from a network of blood vessels on your heart's surface called coronary arteries. Coronary heart disease (CHD) is the term used to describe what happens when your heart's blood supply is blocked or interrupted by a build -up of fatty substances in your coronary arteries. Over time the walls of your arteries can become furred up with fatty deposits. This is called atherosclerosis and the fatty deposits are called atheroma



Normal Blood Flow

What is a heart attack?

A heart attack happens when your coronary arteries become completely blocked. It can be fatal unless treated straight away. The symptoms can cause a painful feeling of heaviness or tightness, usually in the centre of your chest which may spread to your arms, neck, jaw, back or

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stomach.

When someone has a heart attack a bystander, normally a relative with no medical background, is usually first on the scene and will call 999 immediately but less than 1% of the population knows how to provide emergency life support (CPR). If you want to learn how to perform CPR, Heartstart (Funded by the British Heart Foundation), British Red Cross and St John Ambulance can teach you.

What is heart failure?

This occurs if you have CHD and your heart becomes too weak to pump blood around your body. This can cause fluid to build up in your lungs which makes it increasingly difficult to for you to breathe. Heart failure can happen suddenly (acute heart failure) or gradually over time (chronic heart failure).

If your blood vessels narrow due to fatty deposits surgery may be needed to help. e.g. coronary angioplasty where a small balloon is inserted to push the fatty tissue in the narrowed artery outwards. It is then held open using a metal stent – a wire mesh tube.

Or maybe a coronary artery bypass graft when a blood vessel is inserted (grafted) between your aorta (the main artery leaving the heart) and a part of your coronary artery beyond the narrowed or blocked area.

What causes coronary heart disease?

Atherosclerosis can be caused by lifestyle factors and other conditions such as:

- Smoking
- High cholesterol levels
- High blood pressure
- Diabetes

Other risk factors include being overweight or obese and having a family history of CHD. Your risk is increased if you have a male relative under 55 or a female relative under 65 with CHD. You can reduce the chances of having CHD by:

- Eating a healthy balanced diet – plenty of fruit and vegetables, less than 6g of salt a day and very little sugar
- Be more physically active – this will make your heart and circulatory system more efficient, lower your cholesterol levels and reduce your blood pressure
- Give up smoking- research has shown that you are four times more to be successful if you use NHS support together with stop smoking medicines
- Reduce your alcohol consumption – both men and women are advised not to regularly drink more than 14 units in a week and to spread your drinking over 3 days. Always avoid binge drinking.
- Keep your blood pressure under control – your target should be 140/85mmHg
- Keep your diabetes under control
- Take any prescribed medication

If you would like to know more about any of this, call and talk to one of our trained team

Answers: Q1, It is when your heart's blood supply is blocked or interrupted by a build-up of fatty substances in your coronary arteries. Q2, Smoking, high blood pressure, high cholesterol, lack of exercise and diabetes. Q3, Angina, heart attacks and heart failure. Q4, Treatment can include medication, surgery and angioplasty. Q5, Heart attacks happen when your coronary arteries become completely blocked and if not treated straight away, can be fatal. Q6, It can cause a painful feeling of heaviness or tightness, usually in the centre of the chest which may spread to your arms, neck, jaw, back or stomach. Q7, A technique that uses balloons and stents to keep your coronary arteries open. Q8, By making lifestyle changes like taking regular exercise and stopping smoking, eating a healthy balanced diet and controlling your cholesterol and sugar levels. Q9, This is when your heart becomes too weak to pump your blood round your body. Q10, Call 999 immediately and perform CPR. To learn how to do this, attend an emergency life support course with Heartstart, the Red Cross or St John Ambulance.