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Risk factors for the development of coronary artery disease

Coronary artery disease is one name for the disease that leads to deposition of cholesterol in the wall of the arteries. When enough cholesterol has been deposited in the wall of the artery, blood flow is blocked. Delivery of oxygen is stopped. The heart muscle downstream from this blockage dies. A heart attack occurs. The same process of blocking arteries can lead to stroke, blindness, kidney failure, and peripheral vascular disease.

Coronary artery disease is the #1 killer of men and women in America.

Risk factors that cannot be modified (changed):

Being male over age 40

Being female over age 50

(85% of Americans 65 and older die from heart attacks)

Having a family history of premature coronary artery disease (coronary artery disease before age 70)

Risk factors that can be modified in your favor, that I wish to emphasize:

Tobacco use/smoking/smokeless tobacco

Diabetes mellitus or metabolic syndrome

Hypertension/elevated blood pressure

Hyperlipidemia/dyslipidemia/high cholesterol

Other risk factors that can be modified/changed in your favor:

Obesity (often leads to Type 2 Diabetes)

Sedentary lifestyle/lack of exercise (contributes to obesity)

Excessive stress in life

Depression

Excessive alcohol consumption

Chronic kidney disease

