



## What is Ischaemic Heart Disease?

Ischaemic heart disease, also known as Coronary Artery Disease, is a condition that affects the supply of blood to the heart. If you have ischaemic heart disease it means the blood vessels carrying blood to your heart (your arteries) are narrow or blocked, due to deposition of cholesterol on the walls of your arteries (atherosclerosis) resulting in reduced supply of oxygen and nutrients to your heart.

Ischaemic heart disease can increase your risk of having a heart attack. Your heart pumps oxygenated blood to all your other organs. If there is a problem with your heart, other organs such as your brain, liver and kidneys can be affected. Ischaemic Heart Disease can also increase your risk of stroke and heart failure.

## What are the symptoms?

The main symptom is chest pain, known as angina. You can also feel breathless or have heart palpitations. In certain cases you may feel clammy, fatigued and deal with weakness and nausea.

## What are the causes?

Your chances of developing ischaemic heart disease are greater if you:

- Smoke
- Have high blood pressure
- Have high blood cholesterol
- Have diabetes
- Are physically inactive and overweight

## What about treatment?

Depending on the severity of the disease in your arteries you may be advised to manage it with medications. The medications are used to reduce blood pressure, widen your arteries. Do not stop taking your medicine unless your doctor tells you to. Other treatments include angioplasty to put a stent in your arteries or sometimes having bypass surgery to replace the artery.

## SELF CARE TIPS

### EAT A HEALTHY DIET

Eat a well balanced diet, ensuring you eat plenty of fruit and vegetables. Also replacing as many saturated fats (that can increase your cholesterol) with unsaturated fats (sometimes known as 'healthy fats') such as oily fish like mackerel and salmon, nuts, yoghurts, olive oil etc.

### CONTROL YOUR BLOOD SUGAR AND ALSO CHOLESTEROL

This can be done through diet and also medication.

### STOP SMOKING

Smoking can damage your heart and blood vessels increasing the risk of atherosclerosis..

### BE PHYSICALLY ACTIVE MAINTAIN A HEALTHY WEIGHT

Physical activity increases heart health and can help manage blood pressure.

**To register with Bromley Well:**

**Freephone 0808 278 7898**

**Or register online:**

**[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)**

**Contact Lifestyle Support direct**

**07985 431484 / 07985 444210**

**or email**

**[enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**



## FURTHER RESOURCES

### British Heart Foundation

**Help Line: 0808 802 1234 and  
0300 330 3311**

**Email:  
[heretohelp@bhf.org.uk](mailto:heretohelp@bhf.org.uk)**

A national charity providing information and advice for the public and for health professionals. A really useful site containing lifestyle advice, the latest research and information about tests and treatments. Also has information on local support groups.

### NHS Conditions Coronary Heart Disease

NHS information page on Ischaemic Heart Disease (Coronary Heart Disease) that covers important information from causes to diagnosis and treatment.

### NHS Live Well

NHS Live Well pages have information on topics such as eating well, exercise and maintaining a healthy weight.

### NHS Wellbeing Apps

Links to NHS Wellbeing Apps designed to support you in making healthy lifestyle changes.

**References:** NHS conditions <https://www.nhs.uk/conditions/coronary-heart-disease/treatment> Public Health England <https://www.gov.uk/government/publications/health-matters-combating-high-blood-pressure/health-matters-combating-high-blood-pressure>

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