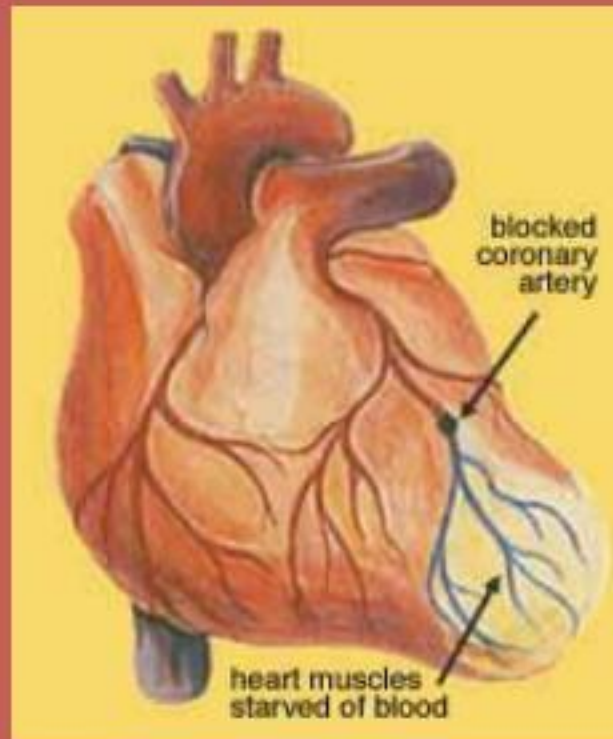
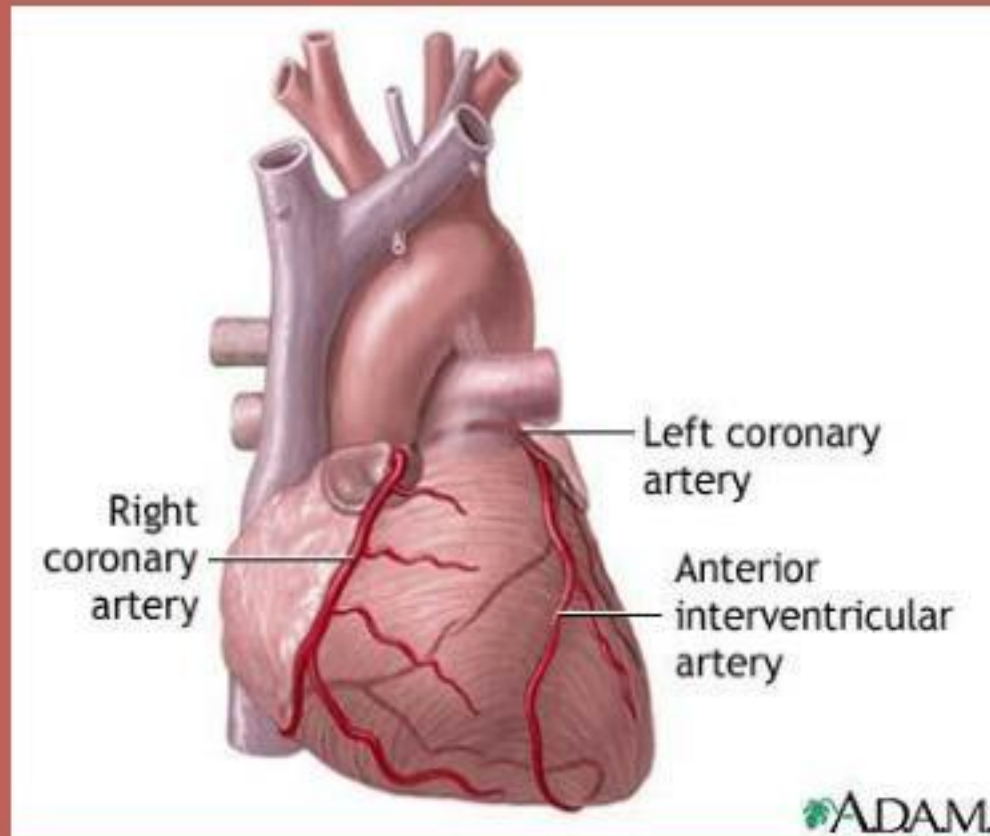
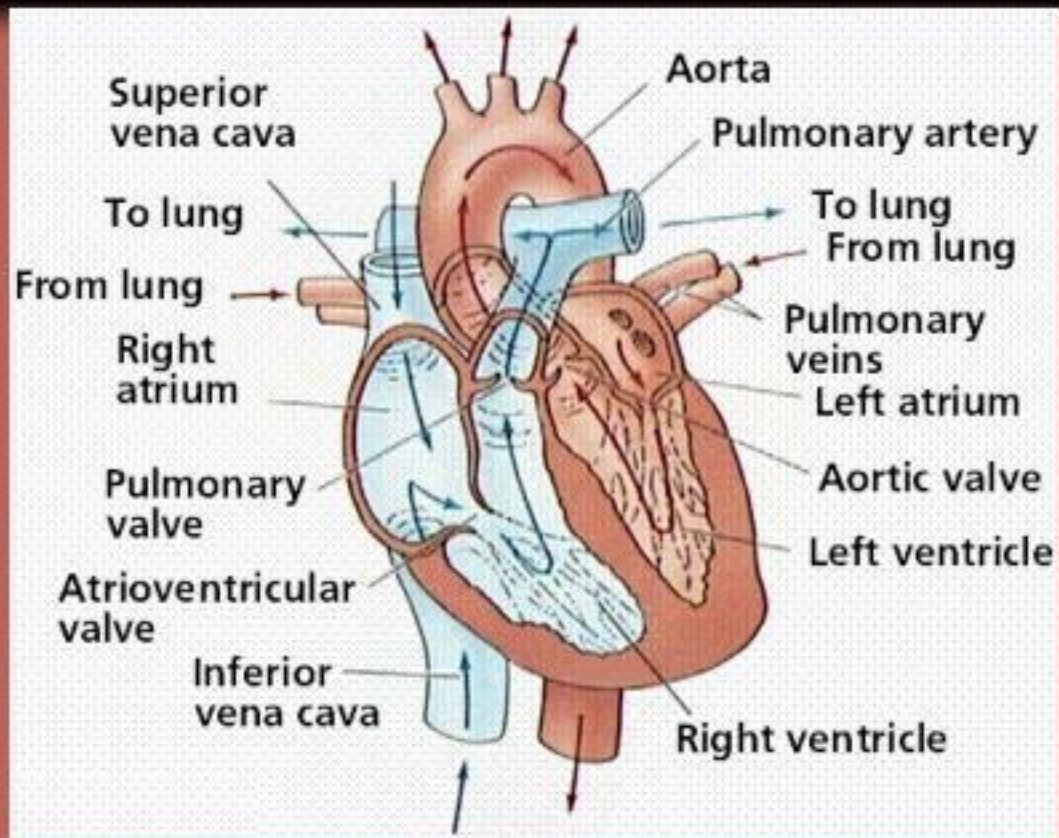


# Heart disease

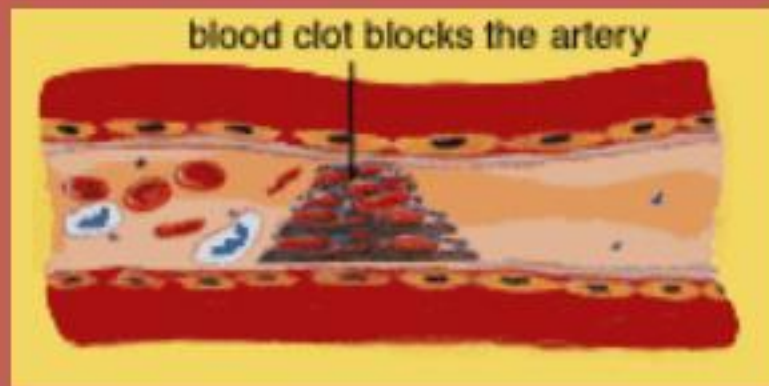
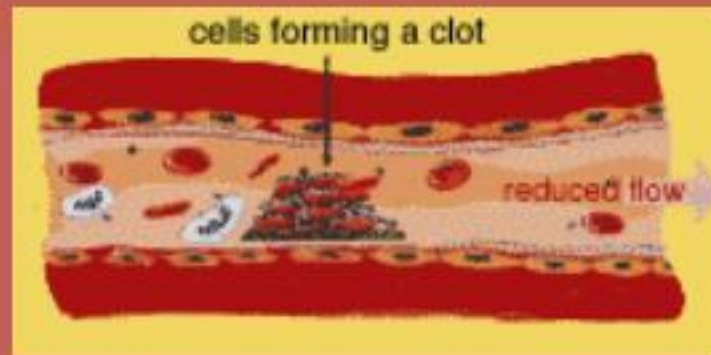
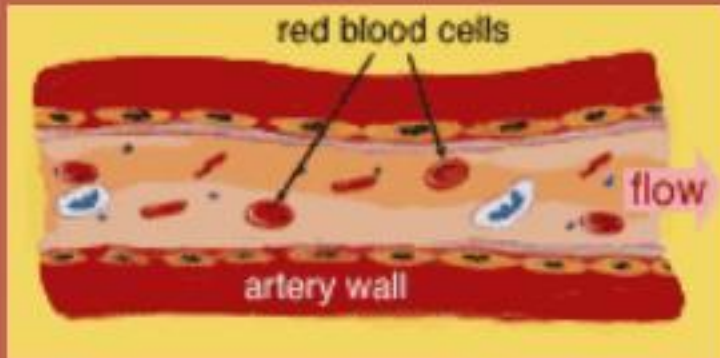


The coronary arteries supply blood to the heart muscle. The right coronary artery supplies both the left and the right heart; the left coronary artery supplies the left heart.





# Arteriosclerosis

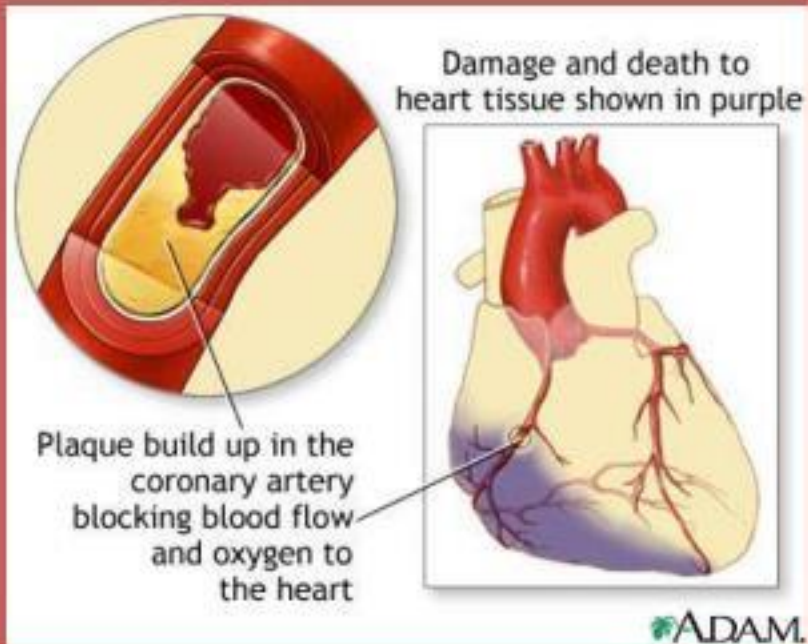


# Furred up arteries!



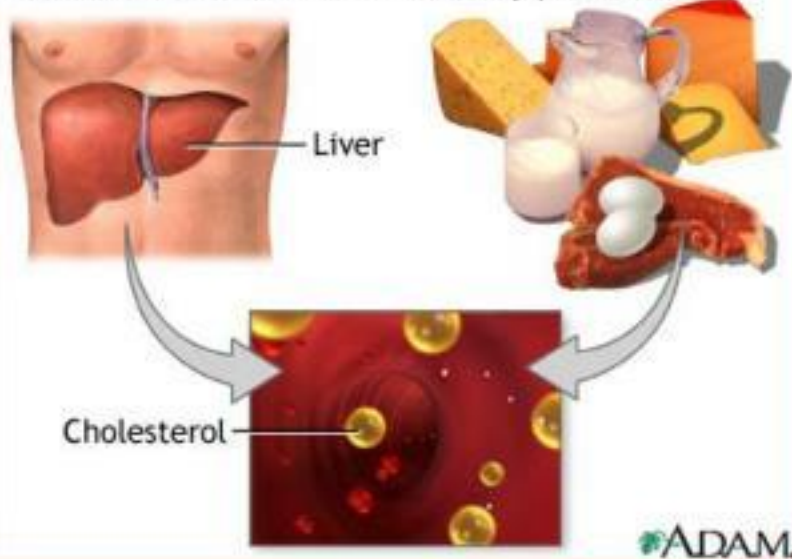
- Coronary heart disease can become more serious if a narrowed coronary artery becomes blocked by a blood clot. This causes a heart attack. High blood pressure puts an added strain on the heart and can make coronary heart disease worse.





- A heart attack occurs when one of the arteries that supplies the heart muscle becomes blocked.
- Blockage may be caused by spasm of the artery or by atherosclerosis with clot formation.
- The blockage results in damaged tissue and a permanent loss of contraction of this portion of the heart muscle.

Cholesterol is produced by the liver and we consume it from meat and dairy products



- Cholesterol is a waxy, fat-like material that is found in all parts of the body. It comes from two sources: our liver produces it, and we consume it in meat and dairy products.



Eating well can help improve your general health. If you have coronary heart disease.



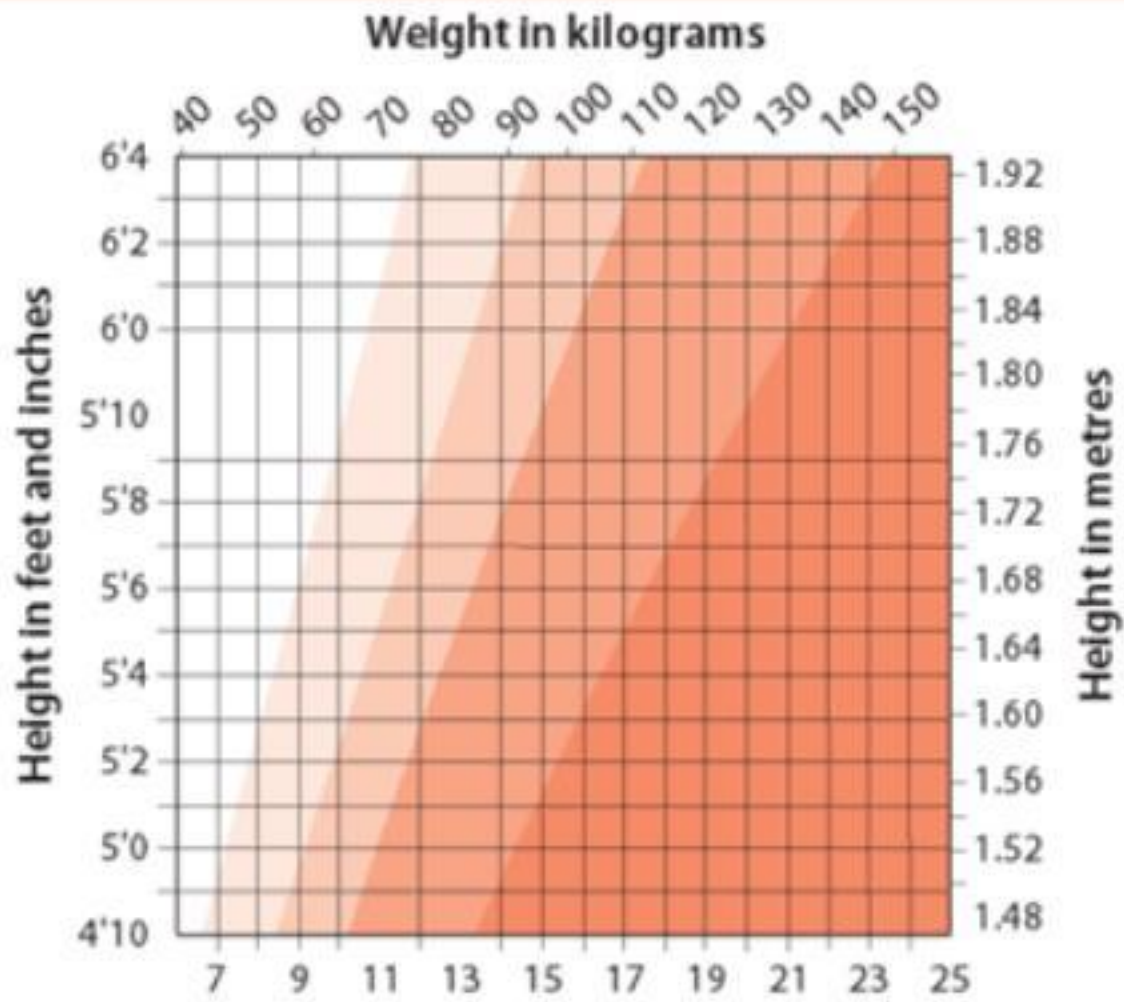


# It is important to eat less Fats and Cholesterol



- ❑ Cholesterol is a fatty substance which is mainly made in the body. The liver makes it from the saturated fats in food.
- ❑ The cholesterol enters the blood and is carried around by proteins. These combinations of cholesterol and proteins are called 'lipoproteins'.
- ❑ There are two main types of lipoproteins - low density lipoprotein (LDL) which are bad!
- ❑ and high density lipoprotein (HDL) - not so bad!





- Underweight
- OK
- Overweight
- Fat
- Very fat

