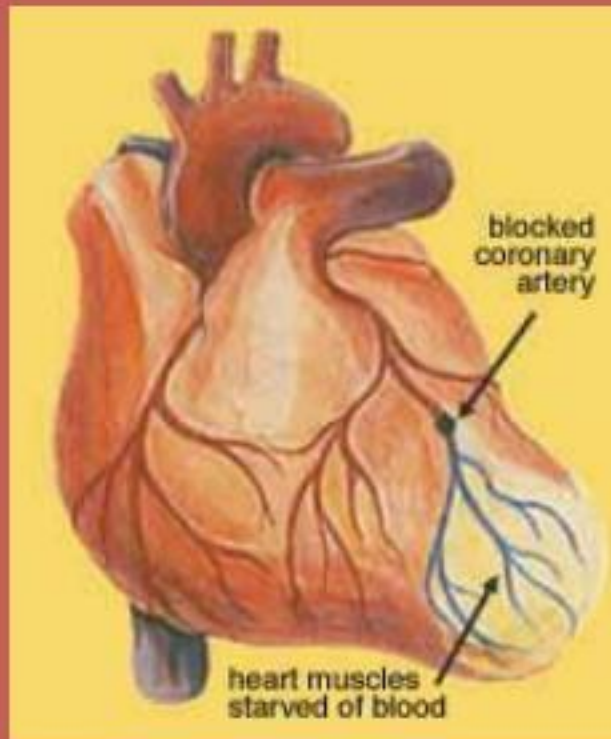
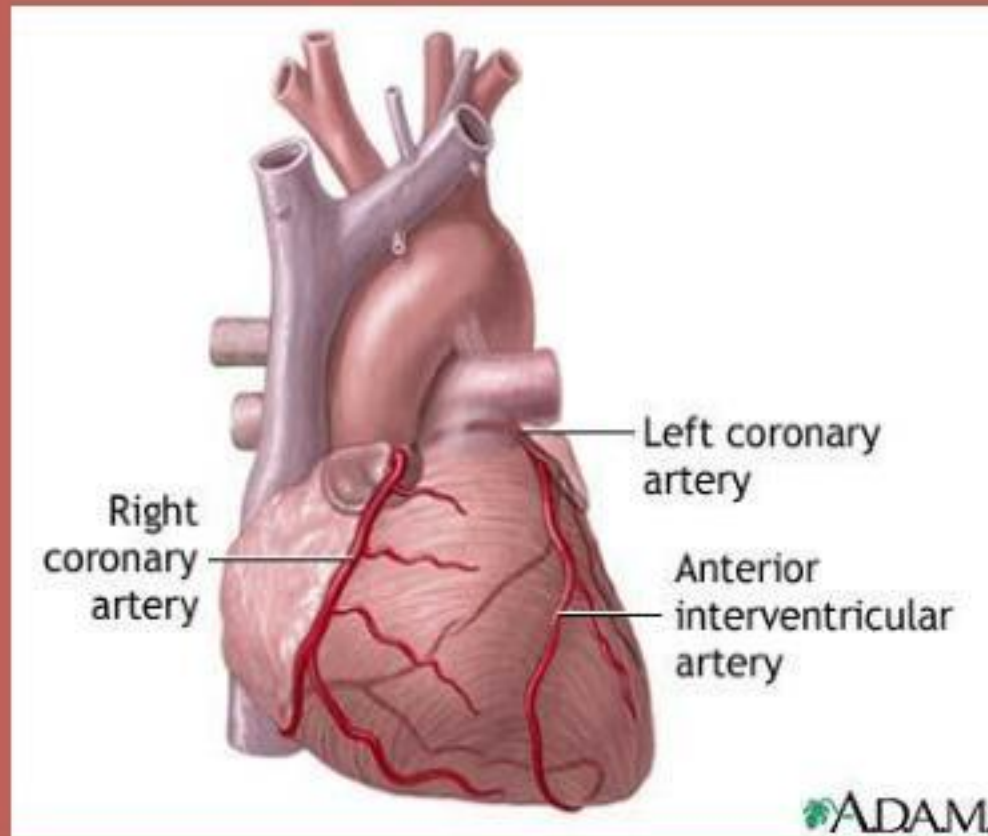
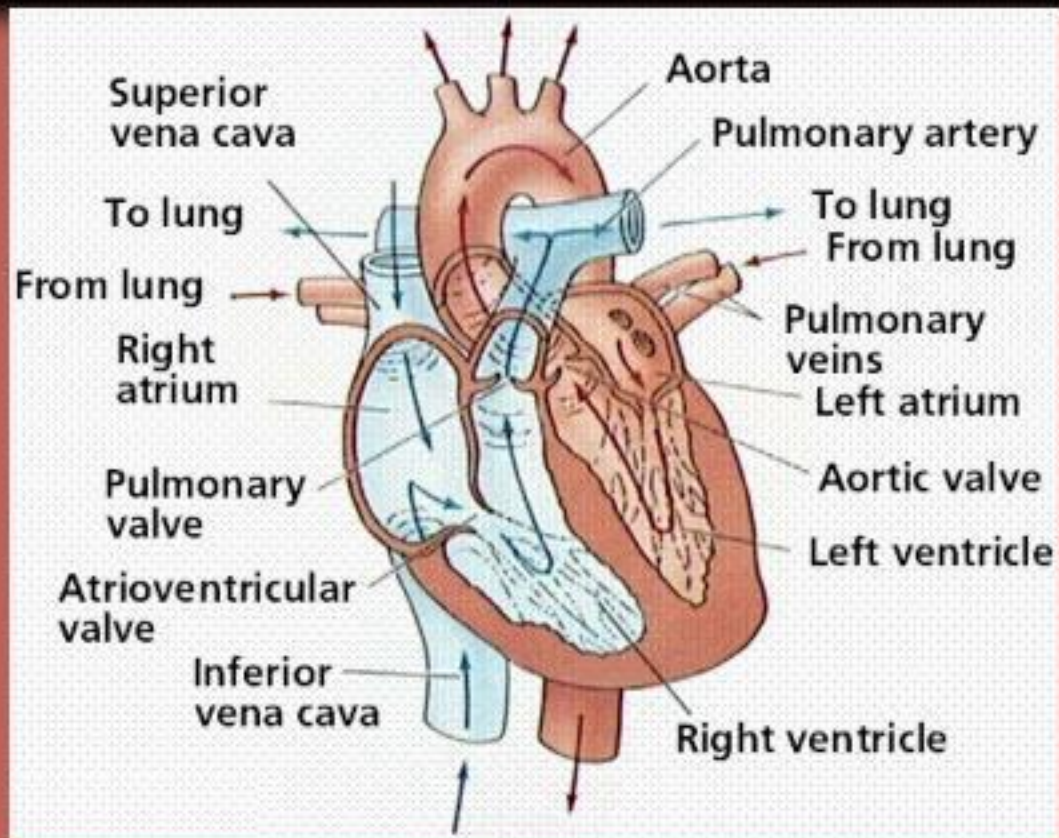


Heart disease

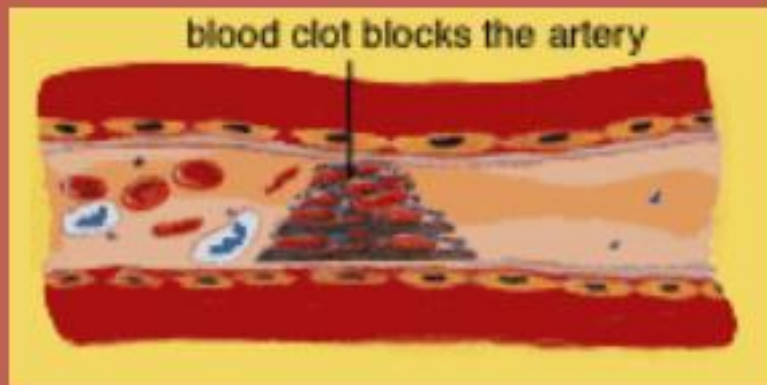
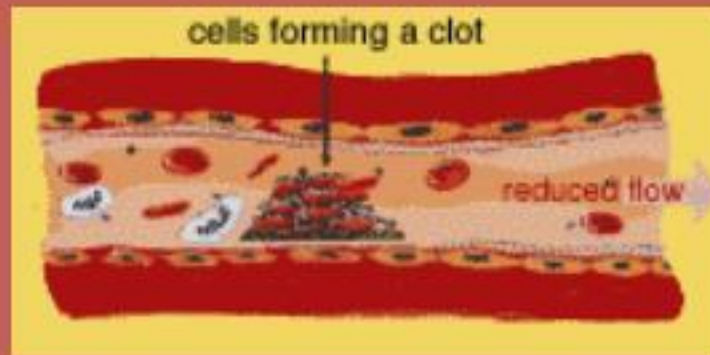
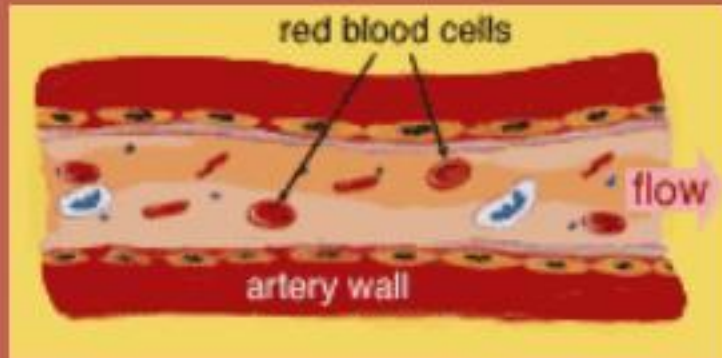


The coronary arteries supply blood to the heart muscle. The right coronary artery supplies both the left and the right heart; the left coronary artery supplies the left heart.





Arteriosclerosis

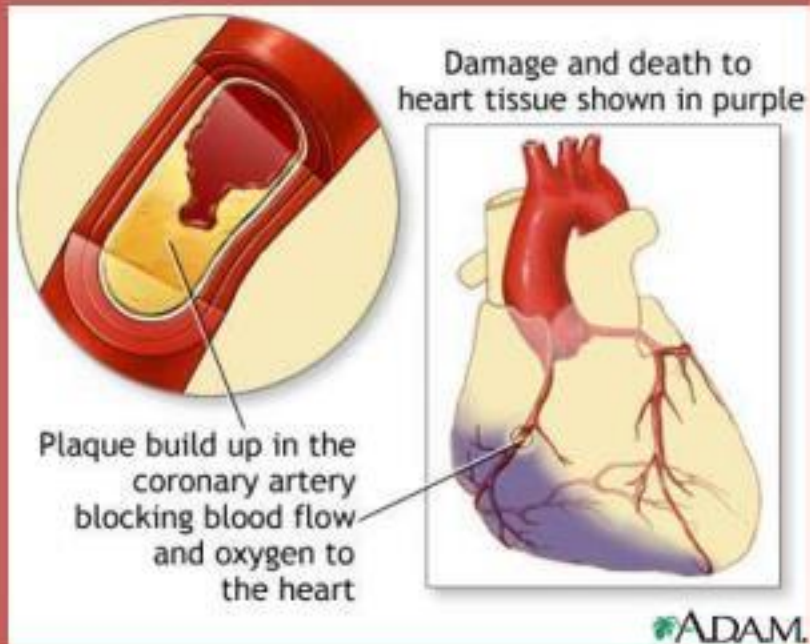


Furred up arteries!



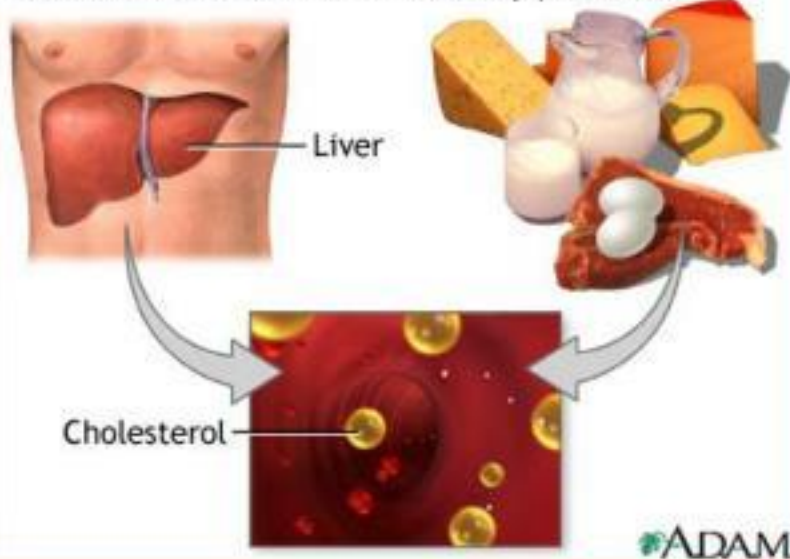
Coronary heart disease can become more serious if a narrowed coronary artery becomes blocked by a blood clot. This causes a heart attack. High blood pressure puts an added strain on the heart and can make coronary heart disease worse.





- 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!



