

Coronary Artery Disease – Coronary Heart Disease

Coronary heart disease (CHD) is a disease in which a waxy substance called plaque builds up inside the coronary arteries. However, coronary heart disease, or CHD, is actually a result of coronary artery disease, or CAD. In coronary artery disease, plaque first grows within the walls of the coronary arteries until the blood flow to the heart's muscle is limited. These arteries supply oxygen-rich blood to your heart muscle. The buildup of plaque occurs over many years. Over time, plaque can harden or rupture (break open). Hardened plaque narrows the coronary arteries and reduces the flow of oxygen-rich blood to the heart.

Over time, CHD can weaken the heart muscle and lead to heart failure and arrhythmias. Heart failure is a condition in which your heart can't pump enough blood to meet your body's needs. Arrhythmias are problems with the rate or rhythm of the heartbeat.

For additional information, click here: <https://www.nhlbi.nih.gov/health/health-topics/topics/cad>