

Mayo Clinic Minute: Signs of coronary artery disease, how to reduce your risk

Video	Audio
REGIS I. FERNANDES, M.D. CARDIOVASCULAR DISEASES Mayo Clinic	<p>When cholesterol builds up in the arteries that supply blood to the heart — hardening and narrowing the path — it's known as coronary artery disease.</p> <p>The most common symptom is chest discomfort.</p> <p>"It lasts a few minutes, or several minutes, and is felt by patients. They describe that discomfort as a pressure."</p>
	<p>Chronic discomfort that comes from decreased blood flow is called angina and is typically felt when a person exerts themselves.</p> <p>If the pain is new or gets worse, seek medical help right away.</p> <p>Over time, coronary artery disease can weaken the heart muscle and lead to heart failure.</p> <p>So how can you reduce your risk?</p>
	<p>"Eating properly, exercising, having good health habits."</p>
	<p>Genetics also can be a risk factor for coronary artery disease.</p>
	<p>"It's important to know your cholesterol levels, particularly in individuals that have a strong family history of heart disease. Even though they are healthy, and they are practicing healthy habits, because it can also come in a genetic form."</p>
	<p>For the Mayo Clinic News Network, I'm Alex Osiadacz.</p>