

Detecting Coronary Artery Disease

Understanding the differences in symptoms men and women experience

Late summer into early fall is a great time to renew our commitment to lead a healthy lifestyle. Taking action to prevent coronary artery disease begins with understanding your risks and symptoms and a commitment to adopt healthy habits.

“Prevention is crucial. Risk factor modifications early in life will have a long-term impact on your health,” said Dr. Chahraban, MD, FACC, a board-certified cardiologist who has special interest in cardiovascular disease prevention. “Don’t wait for your first heart attack, act now. Involve your physician and raise concerns.”

Take Preventative Measures for Your Heart Health

Whether you are healthy or at risk for coronary artery disease it’s important to be mindful of the steps you can take for your health today, and into the future. With the entire year ahead of you, now is the perfect time to start:

- Lower your cholesterol
- Check your blood pressure periodically
- Eat healthy
- Don’t smoke
- Exercise regularly
- Seek treatment as appropriate
- Maintain a strong line of communication with your doctor

Talk to your primary care provider about your risk for a heart attack and always alert them of any suspicious symptoms. It’s better to be overly cautious than ignore possible signs. Your PCP will refer you to a cardiologist if your



health condition necessitates this and/or if suspicious symptoms require specialized medical attention.

“It is extremely important to be attentive to symptoms that are out of the ordinary for your personal health, err on the side of caution and bring these symptoms to the attention of your primary care physician,” said Pierre Chahraban, MD.

Cardiac Care at Holy Family Hospital

Holy Family Hospital’s cardiac care services have earned a five-star distinction from Healthgrades for treatment of heart failure (Methuen campus) for six years in a row (2011 – 2016) and for treatment of heart attack (Haverhill campus) for 2015. Holy Family Hospital provides advanced diagnostic tests and treatment options for patients with a wide range of cardiac conditions, including coronary artery disease, congestive heart failure and arrhythmia. We have a state-of-the-art catheterization lab, provide 24/7 angioplasty for heart attack victims as well as elective coronary angioplasty. Our cardiac rehabilitation program is AACVPR accredited.

For information on cardiac care at Holy Family Hospital, visit www.steward.org/cardiac-and-vascular.

Symptoms of Coronary Artery Disease

Women

- Extreme fatigue that is out of the ordinary
- Chest discomfort, which can sometimes feel like heartburn
- Jaw pain
- Arm pain / tingling
- Upper neck / shoulder pain

Men

- Extreme fatigue that is out of the ordinary
- Chest pain
- Jaw pain
- Arm pain / tingling

Common risks for men and women include:

- Family history of premature heart disease
- Age: 45+ for men, 55+ for women
- Diabetes – Type I or II
- Hypertension (high blood pressure)
- High cholesterol
- Smoking (or exposure to second-hand smoke)
- Overweight/obesity
- Physical inactivity
- Stress
- Drinking too much alcohol



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