

# Be on the Lookout for Coronary Artery Disease (CAD)

## It can be stopped...and even reversed!

You may not know it if you have Coronary Artery Disease (CAD). In some people, CAD could be at work clogging their arteries with plaque, reducing the flow of blood to their hearts. The results can be chest pain, heart failure, heart attack, thousands in health care payments and a lower quality of life.

The good news is that CAD, once diagnosed, can be managed and even reversed.

Have you been diagnosed with CAD?

- Have you had coronary arteriography or coronary catheterization?
- Have you had a stress test?
- Have you had an echocardiogram (ECHO)?

These tests can help your doctor determine if you have CAD. If you have had any of these tests, talk with your doctor about the results, and make sure you know what they mean.

If you have experienced any of the following symptoms, it's best to call your doctor right away for an appointment:

- Chest discomfort with fainting or lightheadedness
- Shortness of breath, nausea or sweating
- Chest pain or tightness in the chest
- Heart attack

We are committed to helping our members with CAD in a number of ways. We have a program specifically for our members with CAD, which may include assistance from a **health coach** – a registered nurse who can help you manage this condition and try to answer your questions. Your health coach can even assist you to better follow your doctor's care plan or offer suggestions on making lifestyle changes to help you improve your health. Of course, remember that your most important medical resource is your doctor.



**Call us today at (800) 522-5560 for more information.**

**Good health is your most valuable asset –  
make the most of it.**