

Heart Conditions



Coronary heart disease is when your heart's blood supply is reduced or blocked by a build-up of fatty substances in the coronary arteries.

Angina is the pain upon exercise experienced when there is reduced blood flow and therefore oxygen to the heart muscle, due to the build-up of fatty deposits (plaque) on the artery walls.

Heart attack occurs when an artery becomes blocked due to a build-up of plaque on the artery walls, preventing blood flow and oxygen. The plaque can also rupture triggering the formation of a blood clot. As a result, the heart muscle may be permanently damaged.

NICHS offers a range of **FREE** information, services and activities to support you after your heart attack.

For more information, please visit www.nichs.org.uk

7 Health and Wellbeing Tips



Eat a balanced diet



Keep physically active



Maintain a healthy weight



Moderate your stress levels



Moderate your alcohol intake



Stop smoking



Get enough sleep

