

StopConneries

En ce moment, ça discute beaucoup autour de *StopCovid*, le projet d'application de traçage pour lutter contre la pandémie de COVID-19. Notre dessinateur Gee vient donc apporter son pavé dans la tregonne mare sous forme d'une BD - un poil - énervée.

⇒ [Accéder aux articles déjà publiés dans notre dossier StopCovid](#)

StopCoronaries

Coronary artery disease (CAD) is the most common heart disease in the United States. It is caused by a buildup of plaque in the arteries that supply blood to the heart. This buildup can narrow the arteries and reduce the flow of blood to the heart muscle. If the arteries become completely blocked, it can lead to a heart attack.

There are several risk factors for CAD, including high cholesterol, high blood pressure, smoking, diabetes, and a family history of heart disease. Lifestyle changes, such as eating a healthy diet, exercising regularly, and quitting smoking, can help reduce the risk of CAD.

Medications, such as statins and beta-blockers, can also help reduce the risk of CAD. In some cases, surgery may be needed to remove the plaque from the arteries. It is important to talk to your doctor about the best treatment plan for you.

Regular checkups and blood tests can help detect CAD early. Your doctor may recommend a cholesterol test, a blood pressure check, and a physical exam. If you have any symptoms, such as chest pain or shortness of breath, see your doctor right away.

Living a healthy lifestyle is the best way to prevent CAD. Eat a diet rich in fruits, vegetables, and whole grains. Exercise for at least 30 minutes a day. Quit smoking and limit alcohol consumption. Manage your stress and get enough sleep.

Remember, you can take control of your heart health. Talk to your doctor about the best way to prevent CAD and live a healthier life.

For more information, visit the American Heart Association website at www.heart.org.

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Heart disease is the leading cause of death in the United States. It is preventable. Take control of your heart health today.

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