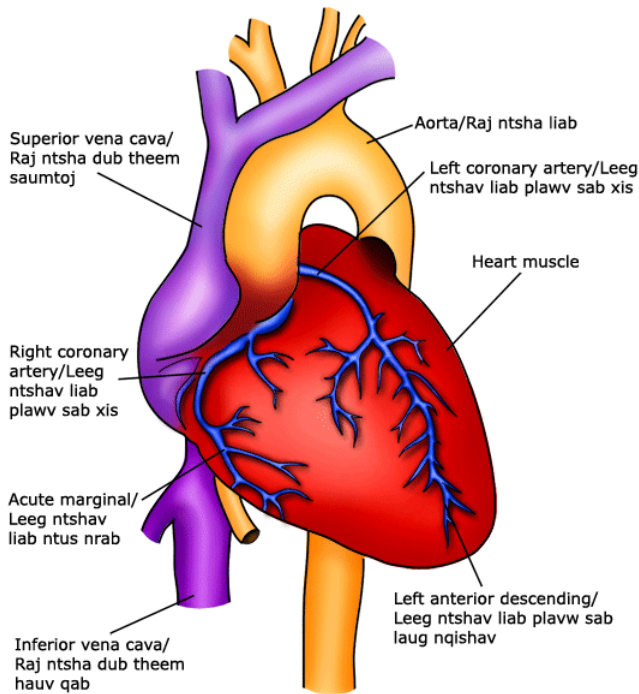


Coronary Artery Disease (CAD)



Coronary artery disease is also called heart disease or atherosclerosis. It is the hardening of the blood vessels by fatty deposits called plaque.

The heart must get oxygen and nutrients to work well. Blood carries the oxygen and nutrients to the heart through the blood vessels called arteries.

As the plaque builds up, blood flow to the heart muscle is decreased. When blood flow is decreased, it can cause chest pain, shortness of breath, or a heart attack to occur.

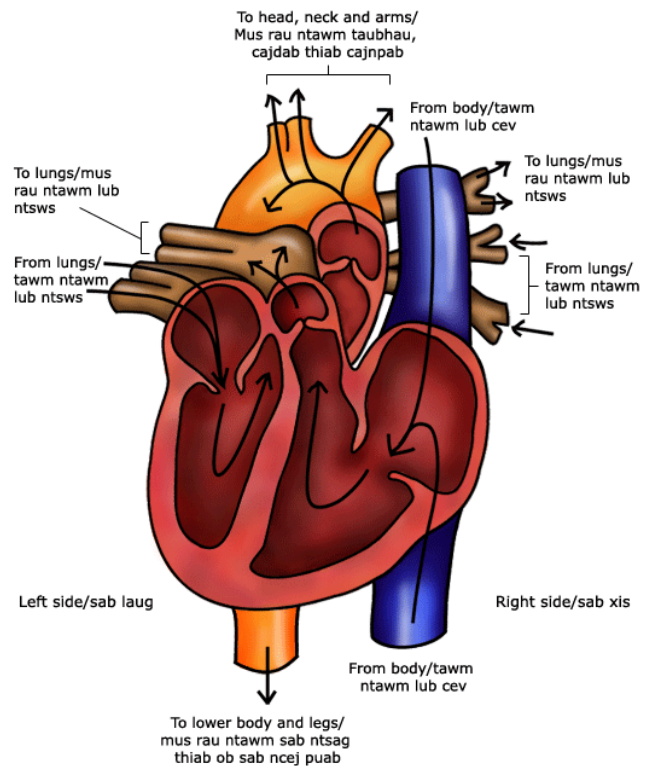
Kaab Mob Plawv

Coronary Artery disease hu tau tas kaab mob plawv los yog atherosclerosis. Nws yog ib qho kev mob kws thaum cov ntshaav rog khov ntawm cov leeg ntshaav miv hab ua tsua cov leeg ntshaav rog. Nws hu tau tas plaque.

Lub plawv yuav tsum txais paa hab cov zaub mov nyob ntawm cov roj ntshaa ha le ua tau dlej num zoo. Ntshaav taug txuj leeg ntshaav miv hu ua arteries nuav nqaa cov paa hab cov zaub mov nyob ntawm yug cov roj ntshaav nuav moog tsua lub plawv.

Sijhawm thau cov ntshaav rog luj tuaj ntxiv, cov ntshaav kws moog tsua cov leeg plawv yuav tsawg zuj zug tuaj. Thau cov ntshaav dlha moog moog lug lug nuav tsawg tuaj lawm, nwg yuav ua tsua lub hauv sab mob, ua paa nyuaj, los yog yuav muaj plawv nreg.

Kab Mob Plawv



Coronary Artery disease hu tau tias kab mob plawv los yog atherosclerosis. Nws yog ib qho kev mob uas thaum cov ntshav rog khov ntawm cov leeg ntshav me thiab ua rau cov leeg ntshav rog. Nws hu tau tias plaque.

Lub plawv yuav tsum txais pa thiab cov zaub mov nyob ntawv cov ntshav thiaj li ua tau hauj lwm zoo. Ntshav taug txoj leeg ntshav me hu ua arteries no nqa cov pa thiab cov zaub mov ntawm cov roj ntshav mus rau lub plawv .

Sibhawm thaum cov ntshav rog loj tuaj ntxiv, cov ntshav uas mus rau cov leeg plawv yuav tsawg zuj zus tuaj. Thaum cov ntshav dhia mus mus los los no tsawg tuaj lawm, nws yuav ua rau lub hauv siab mob, ua pa nyuaj, los yog yuav muaj plawv nres.

A collaborative Hmonghealth.org and Healthy Roads Media www.healthyroadsmedia.org project

This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. N01-LM-6-3503 with the University of Illinois at Chicago.

Signs

You may not have any signs or you may have:

- Pain or pressure in your chest, arm, jaw, shoulders or neck. It may spread from one place to another.
- Feeling of tightness, heaviness, squeezing or burning
- Sweating
- Shortness of breath
- Nausea
- Feeling very tired, dizzy or faint

Risk Factors

You are at higher risk for getting coronary artery disease if you:

- Have a family history of the disease
- Have high cholesterol, diabetes, or high blood pressure
- Smoke or use tobacco
- Are inactive
- Have stress
- Are overweight

Changing even one risk factor can improve your heart health. You can prevent the disease from getting worse and may even help to improve it.

Tej Yaam kws qha

Tej zag koj kuj tsis muaj tej yaam qha los yog koj kuj muaj:

- Mob nruab nraab ntawm koj lub xub nplhag, ncej npaab, pob tsaig, xwb pwg, cij dlaab los yog lub plaab. Tej zag nws yuav mob ib qho moog tsua lwm qho.
- Noog zoo le lub cev nruj heev, hnyaav, zawm los yog kub
- Nto fws
- Ua paa nyuaj
- Xeev sab
- Lub cev nkees, kiv los yog tsaus muag

Cov kev kws yuav ua teebmeem

Feem ntau koj yuav raug muaj kaab mob plawv yog tas koj :

- Tsev neeg yeej tau muaj kaab mob plawv lug lawm
- Muaj ntshaav rog sab heev le, ntshaav qaabzib, los yog ntshaav sab
- Haus luam yeeb los yog siv luam yeeb
- Nyob xwb tsi moog siv lub dlag zug ua num
- Muaj kev nyuaj sab
- Rog dlhau lawm

Hloov tuab yaam ntawm koj txuj kev noj qaab haus huv xwb los yeej paab tau koj lub plawv zoo zug tuaj. Koj yeej tiv thaiv tau tej kaab mob plawv nuav kuam txhob mob luj tuaj hab paab kuam zoo.

Tej yam uas qhia

Tej zaum koj kuj muaj tsis muaj tej yam qhia los yog koj muaj:

- Mob nruab nrab ntawm koj lub xub nthiag, caj npab, puab tsaig, xwb pwg, caj dab los yog lub plab. Tej zaum nws yuav mob ib qhov mus rau lwm qhov.
- Hmloog zoo li lub cev nruj heev, hnyav, zawm los yog kub
- Nto hws
- Ua pa nyuaj
- Xeeb sab
- Lub cev nkees, kiv los yog tsaus muag

Cov kev uas yuav ua teebmeem

Feem ntau koj yuav rau muaj kab mob plawv yog tias koj:

- Tsev neeg yeej tau muaj kab mob plawv los lawm
- Muaj ntshav rog siab heev li, ntshav qabzib, los yog ntshav siab
- Haus luam yeeb los yog siv luam yeeb
- Nyob xwb tsis mus siv lub dag zog ua hauj lwm
- Muaj kev nyuaj siab
- Rog dhau lawm

Hloov tib yam ntawm koj txoj kev noj qab haus huv xwb los yeej pab tau koj lub plawv zoo zog tuaj. Koj yeej tiv thaiv tau cov kab mob plawv no thiab pab kom zoo.

A collaborative Hmonghealth.org and Healthy Roads Media www.healthyroadsmedia.org project

This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. N01-LM-6-3503 with the University of Illinois at Chicago.

Your Care

The goal is to improve blood flow to your heart muscle and decrease your risk of heart attack.

Your care may include:

- Medicines
- Exercise
- A low fat diet
- Treatment or Surgery
- A cardiac rehab program

No matter what type of care is done, it does not cure the disease. You need to change your risk factors and follow your care plan.

Talk to your doctor about your care or any questions you may have.

Credits: Content developed in 2008 through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. English and other languages available for use as a public service without copyright restrictions at www.healthinfotranslations.com. Translation in Green and White Hmong by Wausau Area Hmong Mutual Association, with audio in Green Hmong. Produced for web by Healthy Roads Media. ©2008. Available for use as a public service at www.hmonghealth.org and www.healthyroadsmedia.org. May be copied for non-profit educational use.

Kev tu koj tug kheej

Lub hom phaj yog yuav ua kuam cov ntshaav moog tau tsua koj cov leeg plawv hab txu kuam tsis txhob muaj teebmeem plawv nreg.

Kev tu koj tug kheej yuav muaj le nuav ntxiv:

- Tshuaj noj
- Ua dlag zug kuam nto fws
- Noj zaub mov kws tsis muaj rog ntau
- Kev khu los yog kev phais
- Moog tsua Cardiac rehab Program

Txawm tas koj twb tau siv cov kev khu mob nuav lawm los, nwg yuav khu tsiv tau koj zoo taag ntsho. Koj yuav tsum tau hloov ua lub neej zoo hab ua raws le koj tug kws khu mob tau has qha tsua koj.

Nrug koj tus kws khu mob tham txog txuj kev tu koj tug kheej los yog tas koj muaj lus nug.

Cov Txaj ntsig: 2008. tsim lug ntawm kev sib koom ua ke ntawm The Ohio State University Medical Center, Mount Carmel Health hab Ohio Health, Columbus, Ohio. Aaskiv hab lwm hom lug muaj rua txhua tug siv tau yaam tsi muaj txwv dlaab tsi lug ntawm www.healthinfotranslations.com. Txhais ua lug Moob Ntsuab lug ntawm Koomhum Moob Wausau. Tsim rua web lug ntawm Healthy Roads Media ©2008. Muaj rua suav dlawg siv nyob huv www.hmonghealth.org hab www.healthyroadsmedia.org. Pub luam coj moog siv qha dlawb rua lwm tug tau. Pub luam coj moog siv qha dlawb rua lwm tug tau.

Kev tu koj tus kheej

Lub hom phiaj yog yuav ua kom cov ntshav mus tau rau koj cov leeg plawv thiab txo kom tsis txhob muaj teebmeem plawv nres.

Kev tu koj tus kheej yuav muaj li nov ntxiv:

- Tshuaj noj
- Ua dag zog kom nto hws
- Noj zaub mov uas tsis muaj rog ntau
- Kev kho los yog kev phais
- Mus rau Cardiac rehab program

Txawm hais tias koj twb tau siv cov kev kho mob no lawm los, nws yuav kho tsis tau koj zoo tag nrho.. Koj yuav tsum tau hloov ua lub neej zoo thiab ua raws li koj tus kws kho mob tau hais qhia rau koj.

Nrog koj tus kws kho mob tham txog txoj kev tus koj tus kheej los yog tias koj muaj lus noog.

Cov txiaj ntsim: 2008 tsim los ntawm kev sib koom ua ke ntawm The Ohio State University Medical Center, Mount Carmel Health thiab Ohio Health, Columbus, Ohio. Askiv thiab lwm hom lus muaj rau txhua tus siv tau yam tsis muaj txwv dab tsi los ntawm www.healthinfotranslations.com. Txhais ua lus Hmoob Dawb los ntawm Kooshaum Hmoob Wausau, noog ua lus Hmoob Ntsuab. Tsim rau web los ntawm Healthy Roads Media ©2008. Muaj rau sawv daws siv nyob huv www.hmonghealth.org thiab www.healthyroadsmedia.org. Pub luam coj mus siv qhia dawb rau lwm tus tau.

A collaborative Hmonghealth.org and Healthy Roads Media www.healthyroadsmedia.org project

This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. N01-LM-6-3503 with the University of Illinois at Chicago.