

## What is heart disease?

Heart disease – also called coronary heart disease – is a simple term used to describe several problems related to plaque buildup in the walls of the arteries, or atherosclerosis. As the plaque builds up, the arteries narrow, making it more difficult for blood to flow and creating a risk for heart attack or stroke.

Other types of heart disease include heart failure, an irregular heartbeat – or arrhythmia – and heart valve problems. To learn more about heart disease and conditions that can lead to heart disease, heart attack or stroke, browse any of the topics below.



### Arrhythmia

Learn about several types of arrhythmias, or irregular heartbeats. Some need treatment, many do not. Learn the difference.



### Cardiac Arrest

Cardiac arrest is the sudden loss of heart function and strikes without warning. Know who is at risk and how to improve your odds for health.



### Cardiac Rehab

Advocate for a healthier you! Take an active role after a heart attack or heart disease diagnosis.



### Cardiomyopathy in Adults

This disease of the heart muscle often goes unrecognized. Knowledge can be a powerful preventative and treatment tool.



### Cardiovascular Conditions of Childhood

If your child has been diagnosed with a heart condition, you may have lots of questions. Find answers here.



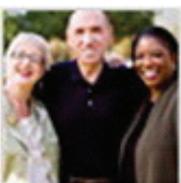
### Cholesterol

High cholesterol can put you at risk for heart disease or stroke. But you can improve your cholesterol numbers with a sound treatment plan.



### Congenital Heart Defects

Children and adults can be diagnosed with a heart defect occurring at birth. Learn about the types of defects and available treatment options.



### Diabetes

Many diabetes patients fail to realize that heart disease and stroke are their No. 1 enemy. Find resources to help you manage your heart health.



### Heart Attack

After a heart attack, you can regain your life! Learn about the causes, therapies and treatments for heart attack.



### Heart Failure

When your heart isn't pumping enough blood, it's a serious but manageable condition. You can live well and reduce your symptoms.



### Heart Valve Problems/Disease

What happens when a heart valve is not working properly? Equip yourself with knowledge so you can get the right diagnosis and treatment plan.



### High Blood Pressure

Untreated HBP damages and scars your arteries, which can have deadly consequences. Learn how to keep BP in the healthy range.



### HIV and Your Heart

Learn how HIV affects your heart and how to improve your health one change at a time.



### Metabolic Syndrome

This group of factors can multiply your risks for heart disease, diabetes and stroke. Focused changes can improve your health.



### Peripheral Artery Disease (PAD)

PAD may occur when blood vessels of your legs, arms or torso are narrowed by plaque. Discover treatment and prevention options.



### Stroke

Stroke occurs when a blood vessel either bursts or is blocked. It's the fourth leading cause of death, yet many risk factors are preventable.