

# Understanding Coronary Artery Disease: Causes, Symptoms, Diagnosis, and Treatment

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## Abstract

Coronary Artery Disease (CAD) stands as a prominent global health concern, marked by the narrowing or blockage of blood vessels supplying the heart muscle. The primary cause, atherosclerosis, involves the accumulation of fatty deposits on coronary artery walls. This article comprehensively explores the causes, symptoms, diagnosis, and treatment of CAD. Risk factors, such as age, genetics, smoking, high blood pressure, and diabetes, contribute to its development. Symptoms range from angina to fatigue, with some cases being asymptomatic until a heart attack occurs. Diagnosis involves a range of tests, including ECG, echocardiogram, stress tests, and coronary angiography. Treatment encompasses lifestyle changes, medication, and, in severe cases, invasive procedures like angioplasty or bypass surgery. Ongoing management to address this critical cardiovascular issue. As research advances, hope for improved outcomes and enhanced cardiovascular health remains on the horizon.

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