

# what are the differences between



- Cardiovascular Disease,
- Heart Disease, and
- Coronary Heart Disease

**What are the differences between these terms? How do they relate to each other?**

**Because these terms sound so similar, they often get used interchangeably, but they are different.**

## 1 CVD

### Cardiovascular Disease

This is the BIG picture term ... Think of it as the umbrella term.

**Cardiovascular Disease** is the term for all types of diseases that affect the heart and/or blood vessels, including coronary heart disease (clogged arteries), which can cause heart attacks, stroke, heart failure, and peripheral artery disease.

## Other CVD

These are some common CVDs:

- Hypertension (High Blood Pressure)
- Heart Failure
- Arrhythmias
- Stroke
- Peripheral Artery Disease (PAD)
- Aortic Disease
- Valvular Heart Disease
- Congenital Heart Disease
- Deep Vein Thrombosis (DVT)
- Pulmonary Hypertension
- Cerebral Arteriosclerosis

## 2 HD

### Heart Disease

Heart Disease is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

All heart diseases are cardiovascular diseases, BUT not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact when people talk about "heart disease" they often mean coronary heart disease.

## 3 CHD

### Coronary Heart Disease

Coronary Heart Disease (CHD) and Coronary Artery Disease (CAD) essentially refer to the same condition. Both terms describe the narrowing or blockage of the coronary arteries, which supply blood to the heart muscle itself.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium and other substances found in the blood) builds up in your arteries, called (atherosclerosis).

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (Angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

These guidelines are compiled as general information. Always speak with your care team. Thank you!

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