

5. CORONARY ARTERY DISEASE ^{1, 2}

Occasionally, premature atherosclerosis, which is deposition of fat in the arteries that may block blood supply to the heart muscle. Normally seen in older people >40 years, but this particular condition can happen in young people under the age of 35 years old.

In this condition, there is abnormal fat metabolism in the body, and invariably people with this condition have family history of premature heart attacks. The risk of having heart attack and sudden death is made worse by eating an unhealthy diet, smoking and excessive consumption of alcohol. People affected with this condition should be very strict in leading a healthy lifestyle.

¹ The following medical information has been kindly provided by CRY and is available for download in the website: <http://www.c-r-y.org.uk>.

² The medical information contained in this website is provided for information only. It is not intended to replace a consultation with an appropriately qualified medical practitioner and should not be used for the diagnosis, treatment or management of a heart abnormality. If you would like more information or are concerned that you might be affected by any of the conditions described in this website you should seek professional medical help and/or consult your doctor.