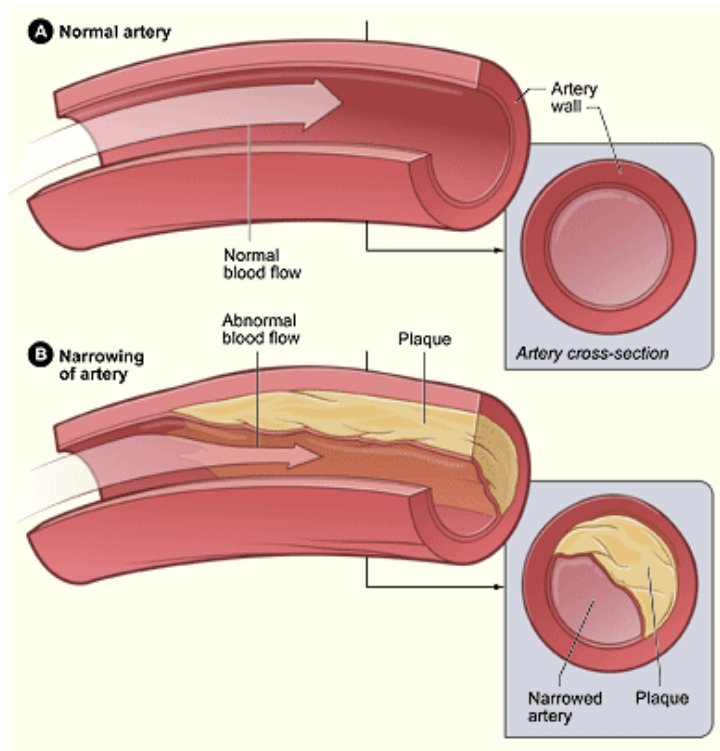


## What is Atherosclerosis?

- Atherosclerosis is a disease in which plaque builds up inside your arteries.
  - Arteries are blood vessels that carry oxygen-rich blood to your heart and other parts of your body.
- Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood.
  - Over time, plaque hardens and narrows your arteries, limiting the flow of oxygen-rich blood to your organs and other parts of your body.
    - This can lead to serious problems, including heart attack, stroke, or even death.



Notes:

## Instructor Tips

- Ask workers if they are familiar with atherosclerosis.
- Ask workers if they know what function arteries serve in the body.
- Explain that atherosclerosis is also called hardening of the arteries.
- Explain that since cholesterol plays a major role in plaque build-up, it is important to maintain a healthy diet that is low in LDL (bad cholesterol).
- Show the graphic to workers and explain how plaque obstructs blood flow.

Jobsite: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_  
G.C. \_\_\_\_\_

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Atherosclerosis (1)