

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Atherosclerosis Related Diseases

- Atherosclerosis can lead to several life-threatening illnesses.
- **Coronary heart disease (CHD)** occurs if plaque builds up in the coronary arteries, which are the arteries that supply oxygen-rich blood to your heart.
 - Plaque narrows the coronary arteries and reduces blood flow to your heart muscle.
 - It also makes it more likely that blood clots will form in your arteries.
 - Blood clots can partially or completely block blood flow.
 - When blood flow to your heart muscle is reduced or blocked, it can lead to angina (chest pain) and a heart attack.
 - Plaque can also form in the heart's smallest arteries.
 - When this happens, it's called coronary microvascular disease (MVD).
 - In coronary MVD, plaque doesn't always cause blockages in the arteries as it does in CHD.
- **Carotid artery disease** occurs if plaque builds up in the arteries on each side of your neck, which are the arteries that supply oxygen-rich blood to your brain.
 - When blood flow to your brain is reduced or blocked, it can lead to a stroke.
- **Peripheral arterial disease (PAD)** occurs if plaque builds up in the major arteries that supply oxygen-rich blood to your legs, arms, and pelvis.
 - When blood flow to these parts of your body is reduced or blocked, it can lead to numbness, pain, and, sometimes, dangerous infections.

Notes:

Instructor Tips

- **Explain that coronary heart disease is the leading cause of death for both men and women in the United States.**
- **Explain that coronary heart disease may also be referred to as coronary artery disease or heart disease.**
- **Ask workers to share any experiences they may have had, or heard of, relating to the illnesses described.**
- **Share any experiences you may have had, or know of, relating to the illnesses described.**

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

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