

Atherosclerosis

When you're in good health, blood vessels are free of restrictions and allow blood pumped from the heart to travel everywhere in your body. And with the blood, oxygen and nutrients flow, too

Things start to get dicey when blood does not flow properly. In the case of atherosclerosis, blood vessels stiffen and become narrow due to fatty plaque build-up. This lack of blood-flow can leave your heart without enough oxygen, causing coronary heart disease

And it doesn't just affect your heart, it can cause problems in any blood vessel in your body. If it happens to the vessels in your legs, it can cause peripheral artery disease, and if in the brain—stroke

:Risk Factors

Diabetes

High blood pressure

High LDL (bad) cholesterol and triglycerides

Low HDL (good) cholesterol

Too little physical activity

Smoking

Being overweight or obese