

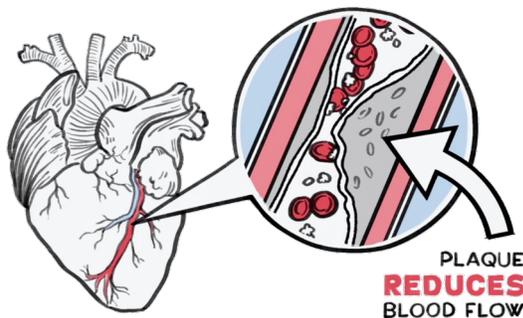
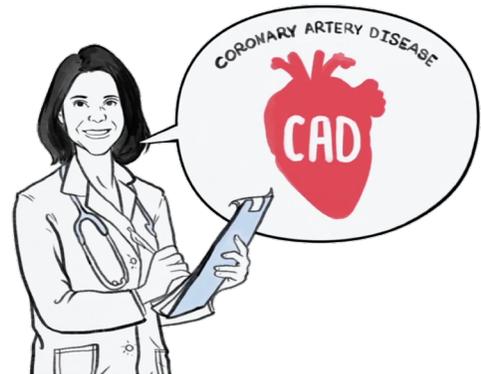
# Coronary Artery Disease (CAD) and Blood Clots

## CLOT WISE™ EDUCATION PROGRAM

### Welcome to the Clot Wise Education Program!

**CAD is the result of plaque buildup in the arteries** that supply blood to the heart, and it is the most common heart disease in the US. In fact, it is the leading cause of death for both men and women and claims over 370,000 lives each year.\*

EACH YEAR CAD CLAIMS  
**370,000**  
LIVES IN THE US



It is also common for people with CAD to have peripheral artery disease, or PAD, which is the buildup of plaque in the arteries of the limbs—usually the legs. **People who have CAD and PAD have an even higher risk for heart attack and stroke** than people who only have CAD—so it's important to ask your doctor about getting screened for PAD.

With these facts in mind, I'd like to help you learn more about your own risk for having life-threatening blood clot-related event due to your chronic CAD.

#### RISK FOR



HEART ATTACK



STROKE

\*According to the Centers for Disease Control and Prevention (CDC), 2018.

### LET'S LEARN MORE ABOUT **YOUR RISK** FOR



HEART ATTACK



STROKE



CV DEATH

### WITH **CHRONIC CAD**

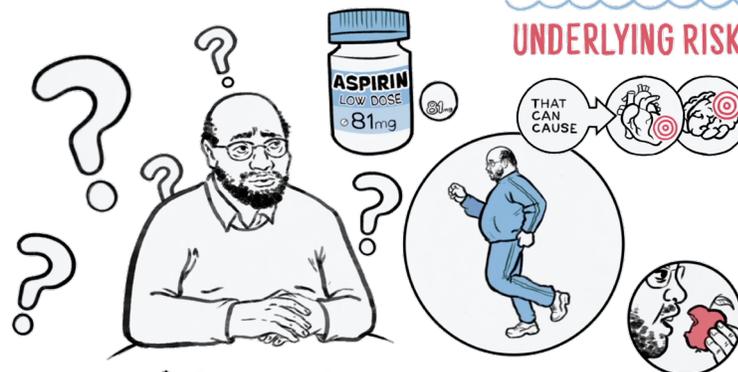
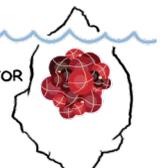
You're taking aspirin every day, and trying to eat right and stay active.



**You might wonder why your doctor is bringing up this risk now.** Perhaps it's been a while since you were diagnosed or had an event like a heart attack or a stent procedure.

YOU MAY STILL HAVE AN

### **UNDERLYING RISK** FOR

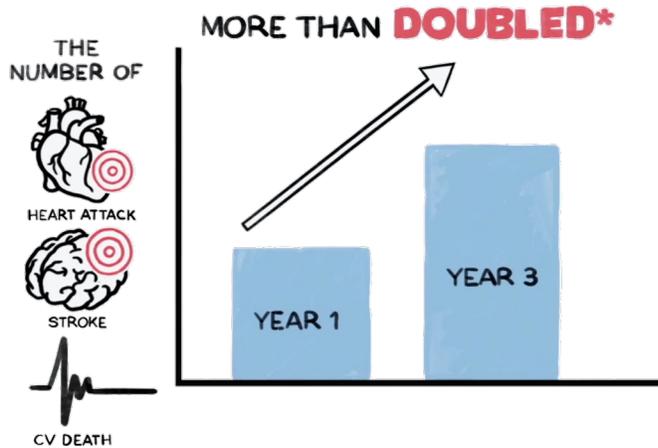


\*IN THE US, LOW-DOSE ASPIRIN IS TYPICALLY 81 MG

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Even when you're doing what your doctor told you to do by taking an aspirin every day and trying to eat right and stay active, **you may still have an underlying risk for blood clots that can cause another cardiovascular event** like a heart attack or stroke.

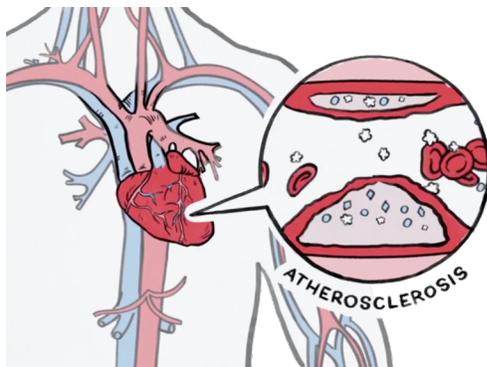
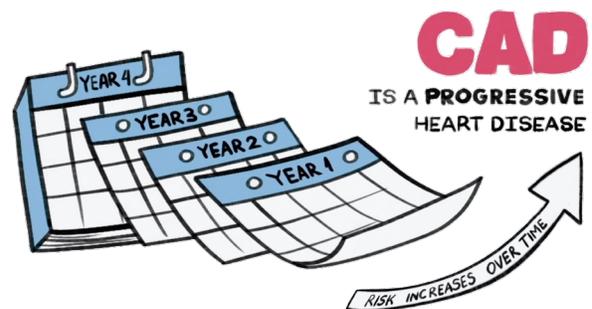


Aspirin does help reduce your risk for these events. But a large study of almost 40,000 people, including those with CAD or PAD, showed that **even though more than half were taking aspirin, the number of heart attacks, strokes, and cardiovascular deaths more than doubled** over a two-year period.\*

\*According to data from the REACH Registry.

Okay, so why does this risk still exist? That's a good question. You might have been feeling fine for a while—less pain or other symptoms—but **CAD is a progressive heart disease, meaning the risks that come with it increase over time.**

To better understand the link between CAD and the risk for blood clots, let's take a closer look at what happens inside the body. Think back to when your doctor first told you that you have CAD. He or she may have mentioned something called atherosclerosis, or hardening of the arteries. In a person with atherosclerosis, the arteries become damaged or inflamed because of certain health conditions or risk factors, including diabetes, high blood pressure, high cholesterol, smoking, or a family history of heart disease. Then, like sludge on the inside of pipes, **cholesterol, white blood cells, and other substances build up inside the damaged walls, forming plaque.** Plaque can start forming as early as childhood and builds up slowly, over many years.



## CONTRIBUTING FACTORS

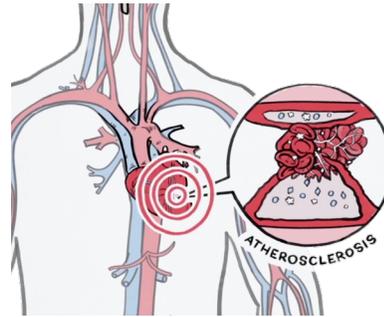
- DIABETES
- HIGH BLOOD PRESSURE
- HIGH CHOLESTEROL
- SMOKING
- FAMILY HISTORY

As the plaques grow larger, less blood can get through the artery to supply your heart with the oxygen it needs to function. And that's what causes chest pain, or angina.

# CLOT WISE™

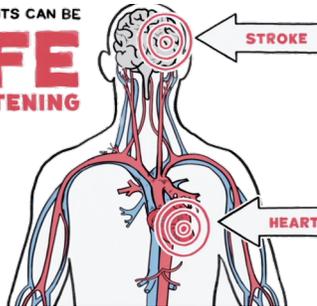
EDUCATION PROGRAM

The risk with CAD is that some plaques can **rupture**. This triggers your body's blood-clotting response—a clot forms around the ruptured plaque, which creates a blockage and cuts off blood flow to your heart, causing a heart attack. If the clot breaks off and travels to your brain, it can cause a stroke.

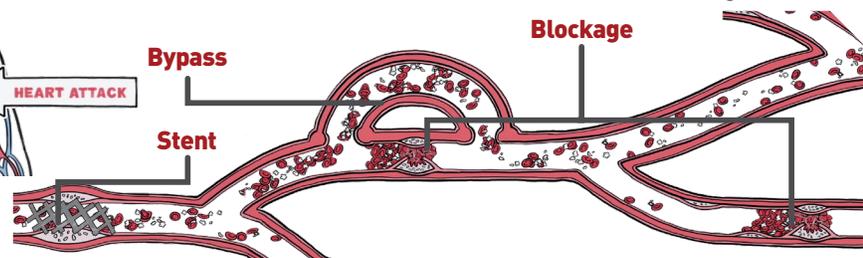


**PLAQUES**  
 CAN RUPTURE  
 TRIGGERING YOUR BODY'S  
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 CUTTING OFF **BLOOD FLOW**  
 TO YOUR HEART  
 CAUSING A **HEART ATTACK**

THESE EVENTS CAN BE  
**LIFE**  
 THREATENING



Both of these events can be life threatening.



Now, having a stent procedure or bypass surgery is a necessary and often life-saving intervention that helps restore blood flow in a blocked artery, but **that doesn't mean you're fixed for good**. As long as plaque exists in your arteries, there is always a risk that it can rupture and cause blood clots to form.

Aspirin has been a trusted treatment option to help reduce the risk of blood clots that may cause a heart attack or stroke.



BUT ASPIRIN ALONE **MAY NOT BE ENOUGH**

But we now know that **aspirin alone may not be enough**. Thanks to treatment advances, doctors' options for further reducing the risk of life-threatening blood clot-related events in people with chronic CAD are expanding.

That's all for now—this was a lot of information, so don't hesitate to ask your doctor any questions about what you learned today.

**TREATMENT ADVANCES**  
 FURTHER REDUCE  
**THE RISK**  
 OF LIFE-THREATENING  
**BLOOD**  
**CLOT**  
 RELATED EVENTS

**ASK YOUR DOCTOR HOW YOU CAN HELP FURTHER REDUCE YOUR RISK FOR SERIOUS BLOOD CLOT-RELATED EVENTS**

To Learn More:  
 Visit [www.CLOTWISE.com/CAD](http://www.CLOTWISE.com/CAD)  
 or scan the QR code to visit the website:

