



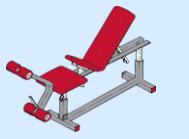




The ABCs of Coronary Disease

A Patient-Provider Partnership

		Improvement	
		Good	Better
	<p>Aware: Know your risks Risks are smoking, high blood pressure, diabetes, high LDL cholesterol, low HDL cholesterol, physical inactivity, excess weight, stress, depression, sleep disorders, poor dental hygiene, high fat diet, and other infections & inflammation.</p>	<p>Know your risks and ways to improve them. Talk to your doctor.</p>	<p>Reduce your risk.</p>
	<p>Blood pressure control A healthy blood pressure lowers risk of heart attack, stroke, and kidney disease.</p>	<p>Limit salt, control weight, and exercise.</p>	<p>135/80 mm/Hg or less (target varies by condition).</p>
	<p>Comply – take your medicines You likely take an aspirin, statin, ACE inhibitor, and beta-blocker if you have coronary disease. Generics are usually fine</p>	<p>Don't miss doses. Check with your doctor for any concerns (cost, side effects).</p>	<p>Take as prescribed.</p>
	<p>Diabetes screening Diabetes increases the risk of heart attack, stroke, and kidney failure.</p>	<p>Fasting glucose checked annually.</p>	<p>Fasting glucose Less than 110 mg/dl if you are not a diabetic.</p>
	<p>Exercise Moderate exercise is walking, biking, and swimming. Try adding strength training, flexibility, and balance exercises.</p>	<p>Home equipment; Exercise with friends & family.</p>	<p>Exercise 5-7 days, 20-30 minutes; <u>or</u> 10 minutes 3 times a day.</p>
	<p>Foods for a heart health <u>More</u> fruits, vegetables, fish, and non-fat dairy products. <u>Less</u> salt, fast foods, fatty meat meals, and whole milk dairy products. No excessive alcohol use.</p>	<p>Food portion control. Limit fast food. Choose healthy snacks.</p>	<p>Learn more. • americanheart.org OR dashdiet.org • dietitian consult. Email: CVC-WRC@med.umich.edu</p>
	<p>Heart attack Symptoms (often more than one):</p> <ul style="list-style-type: none"> • Chest discomfort; pain, ache, tightness, also in arm, neck and upper back. • Shortness of breath, sweating, nausea, lightheadedness. • Anxious feeling, palpitations. 	<p>Act Immediately:</p> <ul style="list-style-type: none"> • Dial 9-1-1. If for some reason, you are having heart attack symptoms and cannot call 9-1-1, have someone else drive you at once to the hospital. Never drive yourself to the hospital, unless you absolutely have no other choice. • Take nitroglycerin if prescribed. • Chew & swallow one uncoated adult (325 mg) aspirin <u>or</u> four low-dose (81mg) aspirin. 	



ICE: In Case of Emergency

Know the emergency medical system (EMS) nearest home and work. Always carry ICE phone numbers with you (your doctor and your emergency contact - family/friend).

Emergency phone numbers in your wallet or purse.

Program your cell phone with an ICE for EMS personnel.

Don't delay calling for help.



Information.

Can get resources to learn more at your doctor's office or at the Mardigan Wellness Resource Center (MWRC)

Just ask and go on-line.

MWRC 734-232-4120 or email: CVC-WRC@med.umich.edu

• americanheart.org



Just ask for a referral

Do you need to quit smoking, lower your stress, exercise safely, eat healthy, or sleep better?

Tell your doctor what you need. Check cost.

Schedule & go to appointments.



Kids and family history

If you have heart disease, your children and siblings are more likely to get it. Make good health a family goal.

Share your health history with kin.

Check children for risk. Start healthy habits early.



Lipid management

Keep LDL cholesterol low (remember L=lousy). Keep HDL cholesterol high (remember H=healthy). High triglycerides (TRIGS) and low HDL go together and add to your risk.

Eat less saturated fats, sugars, & refined starches. Take meds (e.g. statin).

Reach goal – LDL less than 100 HDL more than 45-50 TRIGS less than 150 (Note: depends on clinical status)



Mental well-being

Depression, anxiety, and stress may increase your risk of a first or recurrent heart attack.

Don't be embarrassed. Talk to your doctor and family.

There are many solutions. Just ask.



Sexual dysfunction

May be a symptom of cardiovascular disease.

Talk to your partner...

Tell your doctor. Seek solutions.

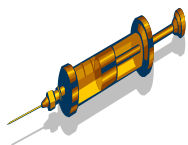


Tobacco cessation

Smoking, the most preventable cause of early death, raises the risk of heart attack, stroke, blood vessel diseases & some cancers.

Do not use tobacco. Avoid secondhand smoke.

Ask about programs and medicines to help you quit. For UMHS program, call (734) 936-5988.

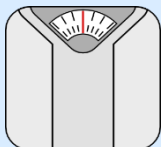


Vaccinations

Influenza (flu) and pneumonia vaccines may reduce the risk of influenza, pneumonia, heart attacks, congestive heart failure, and death.

Ask your doctor.

Flu vaccine yearly. Pneumonia vaccine at least once.



Weight

Overweight & obesity raise your risk and link to other risks – high blood pressure, diabetes, and low HDL cholesterol.

Set a weight goal. Exercise each day. Eat smaller portions.

Reach the best weight for your age and gender; work with your doctor or dietitian.