

Coronary Heart Disease Report Card

You *can* reduce your risk by controlling the following risk factors...

Risk Factor	Target Goal	Your Result	What you can do:
Blood Pressure	< 130/85		Heart healthy diet with low sodium, exercise, weight loss & medication can all help. If you are not at goal...check your blood pressure at home & contact your doctor about every 2 weeks with your readings so medication changes can be made.
Cholesterol LDL (bad): HDL (good): Triglycerides:	total < 200 < 70 > 40 < 200		Heart healthy diet, certain foods & medication can help. Your doctor may want to check your cholesterol every 6-12 weeks until it is under control. Please see reference information on diet and medications for more details.
Smoking	non-smoker		Stop smoking!
Diabetes Screen: Fasting Glucose: Glucose Tolerance: Monitoring: Hb A1c	Normal Blood Sugar Control < 100 < 140 < 6		To get good control of your blood sugar... healthy diet, exercise and weight loss are critical. Also getting educated about diabetes & frequent contact with your doctor regarding measured blood sugar values are vital for proper medication adjustments.
Obesity Body Mass Index (BMI): <25 = Healthy 25-30 = Overweight >30 = Obese	Healthy Weight < 25		If you are not at your goal...please see information on heart healthy diet, exercise and weight loss on the web-site. The web-site also provides links to the American Heart Association website for shopping tips and healthy recipes.
Unhealthy Diet	Heart Healthy Diet		
Physical Inactivity	> 120 minutes/week		Target exercise level: this should be the equivalent to walking at a speed during which you are warm, lightly perspire and breathe heavily without being "out of breath" or having symptoms of dizziness, chest pressure or pain. The benefits of regular exercise are enormous in terms of your overall health.
Medication	100% Compliance		Taking your prescription medications as directed is very important as these medicines have been proven to reduce your chances of having bad outcomes such as heart attack, stroke or death. See handout on heart medications and web-site for information on drug discount programs.

Please tell your doctor if you are having trouble getting your medication, taking your medication as directed or have stopped or changed medicine.