

R_x Prescription

You **Can** Reduce Your Risk of Heart Attack or Stroke

Name _____ Date _____

Control Your Blood Cholesterol Levels

Your cholesterol levels are: Total: _____ LDL: _____ TRG: _____ HDL: _____

Your target cholesterol levels are: Total: _____ LDL: _____ TRG: _____ HDL: _____

* see www.americanheart.org/cholesterol for more information

Check Your Blood Pressure

Your blood pressure level is _____ Your target level is _____

* see www.americanheart.org/hbp for more information

Quit Smoking – This is the most important thing you can do!

Attend a Stop Smoking class

Call the Smoking Quitline at 1-877-YES-QUIT (1-877-937-7848)

Use a stop smoking product such as _____

* see www.surgeongeneral.gov/tobacco for more information

Exercise

Exercise for a total of 30-60 minutes on most or all days of the week. Take a brisk walk, jog, ride a bike, swim, or some other aerobic activity that you enjoy.

* see www.cdc.gov/nccdphp/dnpa/physical/index.htm for more information

Lose Weight and Keep It Off

Your current weight is _____ Your current BMI is: _____

Your target weight is _____ Your target BMI is: _____

Calories Count! Eat no more than _____ calories per day

Weigh yourself every _____ days/weeks

Eat less saturated fats and cholesterol

Eat many kinds of fruits and vegetables

Discuss your diet with _____

* see www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm for more information

Join a Support Group or Take a Class (e.g. weight management, exercise group, healthy cooking).

Take the medications I have prescribed:

- Blood thinning therapy—Take this to help prevent a sudden blockage that would cause a *heart attack* or a *stroke*
 - Aspirin, take one baby aspirin every day
 - _____ take _____ every day
- Drug for Lowering Cholesterol –Take this to help prevent buildup of a blockage that would cause a *heart attack* or a *stroke*
 - _____ take _____ every day
- Beta-Blocker Treatment after a Heart Attack – Take this to ease the work of the heart. It is helpful in lowering blood pressure and preventing another *heart attack*
 - _____ take _____ every day
- ACE Inhibitor for Coronary Artery Disease and Heart Failure
This helps your heart work better and may help you live longer
 - _____ take _____ every day
- Cardiac Rehabilitation
I want you to go to this program to learn how to manage your risk factors and become physically fit

Contact: _____

* see www.acc.org for more information

Next visit date and time: Physician: _____
B/P check: _____
Cholesterol Check: _____