



NEED TO KNOW

HEART DISEASE (Coronary Artery Disease)

WHAT IS IT?

Heart Disease is when the arteries that supply blood to the heart become hardened and narrowed. This happens due to a buildup of material called plaque (plak). There are several factors that increase the risk of developing heart disease. Some you can change, some you can't.

The risk factors you can't change are:

- Age. As you get older, your risk increases. For men, the risk increases after age 45. For women, the risk increases after age 55.
- Family history of early heart disease. This means that heart disease was diagnosed before age 55 in your father or brother; or before age 65 in your mother or sister.

Risk factors you can change are:

- High cholesterol
- High blood pressure
- Cigarette smoking
- Diabetes
- Overweight or obesity
- Lack of exercise

TREATMENT

- Lifestyle habits that include healthy eating, reducing high blood pressure and high cholesterol
- Take your medication as directed
- Exercising on most days of the week
- Stop smoking
- Reduce stress
- Seeing your doctor for regular check-ups and tests

CALL YOUR DOCTOR IF:

- Your medicine is making you dizzy, or very tired
- You have chest pain that relieves with Nitro, but you need it daily-weekly

GO TO THE ER IF:

- You have chest pain and you needed to take 3 Nitro's 1-5 minutes apart for relief
- You have chest pain that was not relieved by 3 Nitro's
- You have shortness of breath, chest pressure, or pain radiating down your left arm or into your jaw.

**Please take this form
with you and discuss
this during your next
doctor's appointment**

Tests and Exams

	Blood Pressure Reading	Date	Value
	Total Cholesterol	Date	Value
	HDL (Good Cholesterol)	Date	Value
	LDL (Bad Cholesterol)	Date	Value
	Triglycerides	Date	Value
	Weight	Date	Value