

CORONARY ARTERY DISEASE MANAGEMENT TOOL

ROAD MAP FOR LIFE: CHANGEABLE RISK FACTORS

RISK FACTOR	TARGET GOALS	RESOURCES
Smoking	Smoke-free/no second-hand smoke.	Contact the Quit Smoking Program at 613-696-7069.
Obesity and waist measurement	Aim to achieve your “best weight.” Best weight is the weight you can maintain when living the healthiest life you are able. General guideline: Below 102 cm (40”) if assigned male at birth and below 88 cm (35”) if assigned female. Guidelines for waist measurement can vary depending on the population group you identify with. Please speak with your doctor if you have questions about your specific waist measurement guidelines.	<ul style="list-style-type: none"> Obesity management is more than just reducing numbers on a scale. It’s about improving overall health and well-being over the long term.
High blood pressure	Less than 140/90 in your doctor’s office and less than 135/85 at home. If you have diabetes: Less than 130/80 in your doctor’s office and at home. Your blood pressure: _____	<ul style="list-style-type: none"> Follow your Heart-Healthy Nutrition Plan. Be active every day and follow your Physical Activity Plan. Understand and take your medications as directed. Speak to your family doctor or cardiologist for more information.
High cholesterol (high blood fat level)	Total cholesterol: Below 4.0 mmol/L HDL (good) cholesterol: Above 1.0 mmol/L LDL (bad) cholesterol: Below 1.8 mmol/L Non-HDL cholesterol: Below 2.6 mmol/L Triglycerides: Below 1.7 mmol/L LDL: _____ HDL: _____ Total: _____ Non-HDL: _____ TG: _____	<ul style="list-style-type: none"> The Heart Institute’s dietitian offers nutrition workshops. You can call 613-696-7068 for program information.
Diabetes	Hemoglobin A1C: Less than or equal to 7% (for diabetes diagnosis: 6.5% or higher). HgbA1C: _____	Diabetes Central Ottawa is your source for information about prediabetes and diabetes in the Ottawa region. You may contact them yourself without a medical referral at 1-833-338-3722 or visit diabetesottawa.ca.
Prediabetes	Hemoglobin A1C: Less than 6% (for prediabetes diagnosis: 6 to 6.4%). HgbA1C: _____	
Physical Activity	Some exercise is better than no exercise, and more exercise is better than some. Aim to exercise regularly at moderate to vigorous intensity, working toward 20 to 60 minutes, three to five times each week.	Call 613-696-7068 for information about cardiac rehabilitation.
Stress	Manage stress.	The Cardiac Rehabilitation Program can help provide you with ways to reduce your stress. Call 613-696-7390 for more information.
Anxiety and depression	Monitor and manage anxiety and depression.	<ul style="list-style-type: none"> See your family doctor for advice and ways to cope. Seek support from the Cardiac Rehabilitation Program. Call 613-696-7070 for more information.

HEALTHY HEART MANAGEMENT ZONES

GREEN ZONE (ALL CLEAR)

- No angina or heart symptoms such as chest pain, pressure, shortness of breath, feeling tired or weak, or any other symptoms similar to what brought you to hospital.
- Resuming normal physical activity as outlined in the Coronary Artery Disease booklet.
- Slowly increasing your walking to 30 minutes a day.
- Smoke-free.

If you are in the Green Zone:

- Your symptoms are under control.

What you should do:

- Keep taking your medications as directed.
- Continue with your Heart-Healthy Nutrition and Physical Activity Plans.
- Keep your regular doctor follow-up appointments.

YELLOW ZONE (CAUTION!)

- Having angina or heart symptoms such as chest pain, pressure, shortness of breath, feeling tired or weak, or any other symptoms similar to what brought you to hospital.
- Regularly experiencing symptoms with activity, relieved with rest or one nitroglycerin spray/tablet (medication that stops angina).
- Your medications are getting low.
- Having difficulty with lifestyle changes.
- Increased shortness of breath, waking with shortness of breath or increased swelling of your hands, feet or stomach bloating.
- If you have started smoking.

If you are in the Yellow Zone:

- Your medications may need to be adjusted.

What you should do:

- Make an appointment as soon as possible with your family doctor.

If you are having angina or heart symptoms

At the first sign of angina or heart symptom → Stop immediately and rest (sit down)

If no relief immediately with rest → Take a nitroglycerin spray/tablet

If no relief within five minutes → Take a second nitroglycerin spray/tablet

If no relief within five minutes → **Call 911 and take a third nitroglycerin spray/tablet**

RED ZONE (ALERT!)

- Unrelieved angina or heart symptoms (chest, jaw, neck or arm pain) after taking a second nitroglycerin spray/tablet.
- Very short of breath, sweating, nausea, a racing or irregular heartbeat, feeling weak, or feeling like you are going to pass out.

You need to see a doctor right away.

Call 911.

Family doctor _____

Cardiologist _____

Pharmacy _____

CHECKLIST

Prescriptions filled

Follow-up appointments made with family doctor and cardiologist

PLEASE BRING THIS TOOL WITH YOU TO YOUR NEXT APPOINTMENT.