## Road Map for Life: Changeable Risk Factors

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Target Goals</th>
<th>Resources</th>
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<tr>
<td>Smoking</td>
<td>Smoke-free/no second-hand smoke.</td>
<td>Contact the Quit Smoking Program at 613-696-7069.</td>
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<tr>
<td>Overweight</td>
<td>Ideal body mass index (BMI) range: 18.5 - 25&lt;br&gt;Waist size for women: Below 35 in (88 cm)&lt;br&gt;Waist size for men: Below 40 in (102 cm)</td>
<td>• Obesity management is more than just reducing numbers on a scale. It’s about improving overall health and well-being over the long term.</td>
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<tr>
<td>High blood pressure</td>
<td>Less than 140/90 in your doctor’s office and less than 135/85 at home.&lt;br&gt;If you have diabetes: less than 130/80 in your doctor’s office and at home.&lt;br&gt;Your blood pressure: ___________________________</td>
<td>• Follow your Heart-Healthy Nutrition Plan.</td>
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<tr>
<td>High cholesterol</td>
<td>Total cholesterol: Below 4.0 mmol/L&lt;br&gt;HDL (good) cholesterol: Above 1.0 mmol/L&lt;br&gt;LDL (bad) cholesterol: Below 1.8 mmol/L&lt;br&gt;Non-HDL cholesterol: Below 2.6 mmol/L&lt;br&gt;Triglycerides: Below 1.7mmol/L&lt;br&gt;LDL: ______ HDL: ______ Total: ______&lt;br&gt;Non-HDL: ______ TC: ______</td>
<td>• The Heart Institute’s dietitian offers nutrition workshops. You can call 613-696-7068 for program information.</td>
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<tr>
<td>Diabetes</td>
<td>Hemoglobin A1C: Less than or equal to 7%&lt;br&gt;For diabetes diagnosis: 6.5% or higher.</td>
<td>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 1-833-533-9487 or visit <a href="http://www.diabetesottawa.ca">www.diabetesottawa.ca</a>.</td>
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<tr>
<td>Prediabetes</td>
<td>Hemoglobin A1C: Less than 6%&lt;br&gt;For prediabetes diagnosis: 6 to 6.4%.</td>
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<tr>
<td>Physical inactivity</td>
<td>Aim for a total of 30 to 60 minutes of moderate exercise four to seven days of the week (e.g. brisk walking).</td>
<td>Call 613-696-7068 for information about cardiac rehabilitation.</td>
</tr>
<tr>
<td>Stressed</td>
<td>Manage stress.</td>
<td>The Cardiac Rehabilitation Program can help provide you with ways to reduce your stress. Call 613-696-7390 for more information.</td>
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<tr>
<td>Depressed</td>
<td>Manage depression.</td>
<td>• See your family doctor for advice and ways to cope.</td>
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<td></td>
<td>• Seek support from the Cardiac Rehabilitation Program. Call 613-696-7079 for more information.</td>
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</tbody>
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## 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 up at night 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:
- See instructions below for what you should do if you are having symptoms of angina or chest pain.
- Make an appointment as soon as possible with your family doctor.

### Red Zone (Alert!) You need to see a doctor right away. Call 911.

- 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.

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

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### Checklist

- Prescriptions filled
- Follow-up appointments made with family doctor and cardiologist

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**Please bring this tool with you to your next appointment.**