# 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.

**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.

**RED ZONE (ALERT!)

- You need to see a doctor right away. Call 911.

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**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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**ROAD MAP FOR LIFE: CHANGEABLE RISK FACTORS**

<table>
<thead>
<tr>
<th>RISK FACTOR</th>
<th>TARGET GOALS</th>
<th>RESOURCES</th>
</tr>
</thead>
<tbody>
<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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</tbody>
</table>
| Overweight  | Ideal body mass index (BMI) range: 18.5 - 25  
               Waist size for women: Below 35 in (88 cm)  
               Waist size for men: Below 40 in (102 cm) | Obesity management is more than just reducing numbers on a scale. It's about improving overall health and well-being over the long term.  
               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.  
               The Heart Institute's dietitian offers nutrition workshops. You can call 613-696-7068 for program information. |
| 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 less than 130/80 at home.  
                      Your blood pressure: __________ | Obesity management is more than just reducing numbers on a scale. It's about improving overall health and well-being over the long term.  
                      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.  
                      The Heart Institute's dietitian offers nutrition workshops. You can call 613-696-7068 for program 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 1.7mmol/L | Your symptoms are under control.  
                      Keep taking your medications as directed.  
                      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. |
| Diabetes     | Hemoglobin A1C: Less than or equal to 7% (for diabetes diagnosis: 6.5% or higher).  
               HgBaA1C _______ | The Champlain Community Diabetes Program can provide you with information about how to manage your prediabetes or diabetes. Call 613-233-6655 to learn more. |
| Prediabetes  | Hemoglobin A1C: Less than 6% (for prediabetes diagnosis: 6 to 6.4%).  
               HgBaA1C _______ | The Cardiac Rehabilitation Program can help provide you with ways to reduce your stress. Call 613-696-7390 for more information.  
                      See support from the Cardiac Rehabilitation Program. Call 613-696-7070 for more information. |
| Physical inactivity | Aim for a total of 30 to 60 minutes of moderate exercise four to seven days of the week (e.g. brisk walking). | The Cardiac Rehabilitation Program can help provide you with ways to reduce your stress. Call 613-696-7390 for more information. |
| Stressed     | Manage stress. | The Cardiac Rehabilitation Program can help provide you with ways to reduce your stress. Call 613-696-7390 for more information. |
| Depressed    | Manage depression. | Your symptoms are under control.  
                      Keep taking your medications as directed.  
                      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. |

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**PLEASE BRING THIS TOOL WITH YOU TO YOUR NEXT APPOINTMENT.**