

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.
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)	<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. 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 at home. Your blood pressure: _____	
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 LDL: _____ HDL: _____ Total: _____ Non-HDL: _____ TG: _____	
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 1-833-533-9487 or visit www.diabetesottawa.ca .
Prediabetes	Hemoglobin A1C: Less than 6% (for prediabetes diagnosis: 6 to 6.4%). HgbA1C: _____	
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).	Call 613-696-7068 for information about cardiac rehabilitation.
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.	<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)

<ul style="list-style-type: none"> 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. 	<p>If you are in the Green Zone:</p> <ul style="list-style-type: none"> Your symptoms are under control. <p>What you should do:</p> <ul style="list-style-type: none"> Keep taking your medications as directed. Continue with your Heart-Healthy Nutrition and Physical Activity Plans. Keep your regular doctor follow-up appointments.
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YELLOW ZONE (CAUTION!)

<ul style="list-style-type: none"> 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. 	<p>If you are in the Yellow Zone:</p> <ul style="list-style-type: none"> Your medications may need to be adjusted. <p>What you should do:</p> <ul style="list-style-type: none"> 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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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!)

<ul style="list-style-type: none"> 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. 	<p>You need to see a doctor right away.</p> <p>Call 911.</p>
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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.