**Coronary Artery Disease Management Guide**

**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.
- On a regular basis, having symptoms with activity, relieved with rest or 1 nitroglycerin spray/tablet (medication that stops angina).
- Your medications are getting low.
- Having difficulty with lifestyle changes.

**Healthy Heart Management Zones**

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.

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!)**
- Unrelieved angina or heart symptoms (chest, jaw, neck or arm pain) after taking 2nd 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.**

If you are having angina or heart symptoms:
- At the first sign of angina or heart symptoms → Stop immediately and rest
- If no relief immediately with rest → Take 1st nitroglycerin spray/tablet
- If no relief within 5 minutes → Take 2nd nitroglycerin spray/tablet
- If no relief within 5 minutes → Take 3rd nitroglycerin spray/tablet
- If no relief after the 2nd nitroglycerin spray/tablet → call 911.

**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</td>
<td>Contact the Quit Smoking Program at 613-761-5464.</td>
</tr>
<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>• Follow your Heart Healthy Nutrition Plan&lt;br&gt;• Be active everyday and follow your Physical Activity Plan&lt;br&gt;• Understand and take your medications as directed. Speak to your family doctor or cardiologist for more information.&lt;br&gt;• The Heart Institutes dietician offers nutrition workshops. You can call 613-761-4572 for program information.</td>
</tr>
<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 are 80 yrs or older: less than 150/90&lt;br&gt;If you have diabetes: less than 130/80 in your doctor’s office and less than 125/75 at home</td>
<td>Your Blood Pressure:__________</td>
</tr>
<tr>
<td>High Cholesterol (high blood fat level)</td>
<td>LDL-C (&quot;lousy&quot; cholesterol): Below 2.0 mmol/L&lt;br&gt;TC/HDL-C Ratio: Less than 4.0&lt;br&gt;Triglycerides: Below 1.7 mmol/L&lt;br&gt;LDL:___ TC/HDL-C:___ Tg:___</td>
<td>The Champlain Community Diabetes Program can provide you with information and skills on how to manage your prediabetes or diabetes. Call 613-233-6655 to learn more.</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Hemoglobin A1C: less than or equal to 7% (for diabetes diagnosis: 6.5% or higher)&lt;br&gt;HgbA1C:______</td>
<td></td>
</tr>
<tr>
<td>Prediabetes</td>
<td>Hemoglobin A1C: less than 6%&lt;br&gt;(for prediabetes diagnosis: 6.0% - 6.4%)&lt;br&gt;HgbA1C:______</td>
<td></td>
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<tr>
<td>Physical Inactivity</td>
<td>Aim for a total of 30 to 60 minutes of moderate exercise 4 to 7 days of the week (e.g. brisk walking)</td>
<td>Call 613-761-4572 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 613-761-4572 for more information.</td>
</tr>
<tr>
<td>Depressed</td>
<td>Manage depression</td>
<td>• See your family doctor for advice and ways to cope.&lt;br&gt;• Seek support from the Cardiac Rehabilitation Program. Call 613-761-4572 for more information.</td>
</tr>
</tbody>
</table>

**Please bring this form with you to your next appointment**

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