

*Learning to manage your risk factors for heart disease is an important step in achieving a healthy, productive lifestyle following a cardiac event. Inside this informative pamphlet you'll find a variety of health factors and recommended goals and treatments to help you achieve a healthier lifestyle.*

*Read this information carefully and discuss the factors with your caregiver. By agreeing to follow these guidelines, you'll be taking that important first step toward managing your lifestyle for a healthier heart!*

*Scottsdale Healthcare's Cardiac Rehabilitation offers an organized treatment regimen focusing on slowing down the progression of cardiac disease by modifying certain controllable risk factors. Patients must be referred to the program by their private physician, who will continue to provide primary care.*

## Agreement to follow recommended guidelines

I, (patient name) \_\_\_\_\_  
have read the information inside and will follow recommended guidelines to decrease my risk factors for additional heart attacks.

X \_\_\_\_\_  
By signing, I agree to the statement above.  
Please take this pamphlet with you to your next physician's visit.

For more information on heart disease call the Scottsdale Healthcare Information Line at **480-882-4636** or visit **shc.org**.

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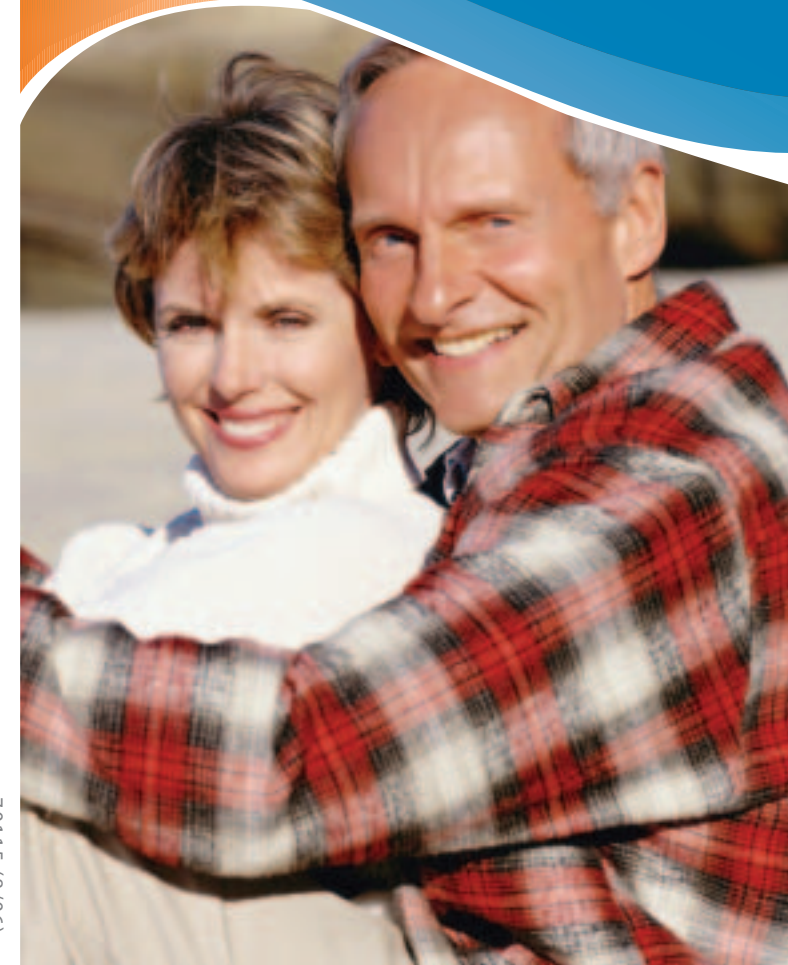
# Cardiovascular Risk Factor Management

Patient Information Guide



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Personalizing Health



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# Risk Factor Management

## Manage your lifestyle for a healthier heart

*The following healthy lifestyle habits are key factors to heart health. Working with your physician and following recommended lifestyle changes will help you feel better and live healthier!*

Health Factor	Lifestyle Goal	Incentive	Treatment Plan
Smoking	Quit smoking.	Smoking decreases the amount of oxygen available to your heart and interferes with your blood vessels ability to function normally.	Resources for smoking cessation classes: American Lung Association and American Cancer Society. Nicotine patches and/or medication may be helpful. Ask your physician what's best for you.
Lipid Management	Desired levels LDL-C less than 100, HDL-C more than 50, TG less than 150. Your Lipid levels are: LDL-C _____, HDL-C _____, TG_____.	Lowering lipid levels has been shown to reduce the risk of second coronary events and death. These are the established guidelines for patients with coronary disease.	Nutrition counseling is a good first step. Ask your physician about Lipid-lowering medications. Have your Lipid levels drawn as indicated by your cholesterol level. Take your Lipid/Cholesterol goal to each physician visit.
Physical Activity	Exercise Goal: 30 min. 3-4x/wk. Your orientation date for Cardiac Rehab is:_____	Exercising helps strengthen the heart and decreases overall body fat. Exercise also helps to increase HDL-C (good cholesterol) levels in the blood stream.	Join the Scottsdale Healthcare Cardiac Rehabilitation Program or inquire about other exercise programs following medical guidelines.
Weight	Your ideal weight is _____. Your present weight is _____.	Excess weight increases risk of heart disease. It also complicates diabetes, hypertension and arthritis.	Receive nutrition counseling. Begin an exercise program. Psychosocial counseling may be beneficial.
Diabetes	Fasting blood glucose level less than 110mg/dL & more than 69. HbA1C = 7% or less. Your present FBS is _____. Your HbA1C is _____.	Control of blood sugar levels is necessary in the management of both diabetes and coronary disease.	Check blood sugars 4times a day until blood sugar is consistently at desired levels. Take blood sugars before & after exercise when first starting an exercise program. The Cardiac Rehab program is a good resource for blood sugar guidelines for exercise.
Antiplatelet Agents/ Anticoagulants	Continue therapy as determined by physician.	Aspirin and antiplatelet drugs help keep the platelets from forming clots which could lead to heart attacks.	Aspirin – Continue indefinitely unless told otherwise by physician. Antiplatelet drug: per physician.
Ace Inhibitors	Continue therapy as determined by physician.	Helps heal heart muscle after a heart attack; helps prevent or slow the progression of heart failure; also can help with blood pressure control.	Discuss with your physician the use of Ace Inhibitors.
Beta Blockers	Continue therapy as determined by physician.	Helps healing of heart muscle after a heart attack; shown to reduce the chance of a second heart attack and/or death; also can help control hypertension (high blood pressure).	Discuss the use of Beta Blockers with your physician.
Blood Pressure Control	Less than 120/80 mmHg. Less than 110/70 mmHg with diabetes. Pre-Hypertensive range 121/81-139/89.	Maintaining blood pressure in the "normal range" helps the blood vessels to dilate and constrict normally.	Lose weight if overweight, decrease salt if sensitive to salt intake. Take antihypertensive medications as prescribed by your physician.