

Heart Disease Self-Management Plan

EVERY DAY:

- Weigh yourself in the morning
- Eat low salt food
- Take your medications
- Balance activity with rest periods

Green Flags — All Clear

What this means ...



If you have:

- No shortness of breath
- No chest pain or chest tightness
- No weakness
- BP less than: _____
- HbA1c less than 7% if you are a Diabetic
- LDL less than 100 mg/dl
- Ability to do usual activities

- Your symptoms are under control.
- Continue to take your medications as ordered.
- Follow health eating habits
- Keep all physician appointments.

Keep up the great work!

Yellow Flags — Caution

What this means ...



If you have any of the following:

- Shortness of breath
- Swelling of your feet, ankles, legs or stomach
- Fatigue or lack of energy
- Dizziness
- An uneasy feeling—you know something is not right
- Difficulty breathing when lying down or you sleep sitting up with extra pillows
- Chest pain or heaviness

- Your symptoms may indicate that you need an adjustment of our medications.
- Call your doctor or nurse

Call your doctor, consulting nurse, or health care provider if symptoms do not improve.

Name:

Number:

Instructions:

If you notice a Yellow Flag, work closely with your health care team.

Red Flags — Stop and Think

What this means ...



If you...

- Are struggling to breathe or have unrelieved shortness of breath while sitting still
- Have chest pain not relieved or reoccurs after taking 3 nitro tablets
- Have confusion or can't think clearly

You need to be evaluated by a health care professional immediately.

If possible, notify your health care provider's office.

Name:

Number:

Follow these instructions: CALL 9-1-1

If you notice a Red Flag, CALL 911. Emergency!

Heart Disease Fast Facts

- The term heart disease covers a range of condition that affect your heart, including problems with blood vessels, like coronary artery disease, the beating of your heart (arrhythmias), and others. Sometimes it is referred to as cardiovascular disease.
- Heart disease is the leading cause of death for both men and women.
- Coronary artery disease is the most common type of heart disease and is caused by plaque buildup in the arteries that supply blood to the heart. Plaque is made up of cholesterol and other substances and over time can partially block or totally block the blood flow in the arteries.
- Many problems can occur with the heart and blood vessels include blood clots and deep vein thrombosis or DVT, which is a blood clot that forms in a deep leg vein.
- High blood pressure, high cholesterol, having diabetes, being overweight or obese, having a poor diet, being physically inactive, and drinking excessive amount of alcohol put you at higher risk for heart disease.
- Though some changes in the heart and blood vessels occur normally as we age, many other changes in the heart are due to things we can change, like diet and blood pressure control. healthier food choices, following a low fat, low salt diet, and keeping our blood pressure under control.
- Certain things make the heart work harder, and these can include emotional stress, illness, infections, injuries, physical exertion, and certain medications.

What can you do?

- Take all heart medications as prescribed by your health care provider. Keep your blood pressure in control. Ask your health care provider what an acceptable blood pressure range is for you.
- Check your weight daily, or as recommended by your health care provider.
- Make healthier food choices, including more fruits/vegetables, lean meats, and low salt food items.
- Take steps to lower your cholesterol- Use unsaturated fats like olive oil instead of butter.
- Exercise-talk with your health care provider about what type of exercise, the intensity and the duration are best for you.
- Know the warning signs-These can include chest pain or chest discomfort, upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach, shortness of breath, nausea, lightheadedness, or cold sweats.

Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For more information, call 1-844-348-5464 or e-mail info@communitylivingconnections.org



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