# The ABCs of Coronary Disease

## A Patient-Provider Partnership

<table>
<thead>
<tr>
<th>Aware: Know your risks</th>
<th>Improvement</th>
<th><strong>Good</strong></th>
<th><strong>Better</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Risks are smoking, high blood pressure, diabetes, high LDL cholesterol, low HDL cholesterol, physical inactivity, excess weight, stress, depression, sleep disorders, poor dental hygiene, high fat diet, and other infections &amp; inflammation.</td>
<td>Know your risks and ways to improve them. Talk to your doctor.</td>
<td>Reduce your risk.</td>
<td></td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Blood pressure control</th>
<th>Limit salt, control weight, and exercise.</th>
<th>135/80 mm/Hg or less (target varies by condition).</th>
</tr>
</thead>
<tbody>
<tr>
<td>A healthy blood pressure lowers risk of heart attack, stroke, and kidney disease.</td>
<td><strong>Comply – take your medicines</strong></td>
<td>Don’t miss doses. Check with your doctor for any concerns (cost, side effects).</td>
</tr>
<tr>
<td>You likely take an aspirin, statin, ACE inhibitor, and beta-blocker if you have coronary disease. Generics are usually fine</td>
<td>Take as prescribed.</td>
<td></td>
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</tbody>
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<tr>
<th>Diabetes screening</th>
<th>Fasting glucose checked annually.</th>
<th>Fasting glucose Less than 110 mg/dl if you are not a diabetic.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes increases the risk of heart attack, stroke, and kidney failure.</td>
<td><strong>Exercise</strong></td>
<td>Exercise 5-7 days, 20-30 minutes; or 10 minutes 3 times a day.</td>
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<tr>
<td>Moderate exercise is walking, biking, and swimming. Try adding strength training, flexibility, and balance exercises.</td>
<td>Home equipment; Exercise with friends &amp; family.</td>
<td></td>
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<th>Foods for a heart health</th>
<th>Food portion control. Limit fast food. Choose healthy snacks.</th>
<th>Learn more.</th>
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<tr>
<td>More fruits, vegetables, fish, and non-fat dairy products. Less salt, fast foods, fatty meat meals, and whole milk dairy products. No excessive alcohol use.</td>
<td><strong>Heart attack</strong></td>
<td>OR dashdiet.org</td>
</tr>
<tr>
<td><strong>Symptoms (often more than one):</strong></td>
<td><strong>Act Immediately:</strong></td>
<td><strong>dietitian consult.</strong> Email: <a href="mailto:CVC-WRC@med.umich.edu">CVC-WRC@med.umich.edu</a></td>
</tr>
<tr>
<td>- Chest discomfort; pain, ache, tightness, also in arm, neck and upper back.</td>
<td>- <strong>Dial 9-1-1.</strong> If for some reason, you are having heart attack symptoms and cannot call 9-1-1, have someone else drive you at once to the hospital. Never drive yourself to the hospital, unless you absolutely have no other choice.</td>
<td></td>
</tr>
<tr>
<td>- Shortness of breath, sweating, nausea, lightheadedness.</td>
<td>- <strong>Take nitroglycerin if prescribed.</strong></td>
<td></td>
</tr>
<tr>
<td>- Anxious feeling, palpitations.</td>
<td>- Chew &amp; swallow one uncoated adult (325 mg) aspirin or four low-dose (81mg) aspirin.</td>
<td></td>
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</table>
### ICE: In Case of Emergency

- **Know the emergency medical system (EMS) nearest home and work.** Always carry ICE phone numbers with you (your doctor and your emergency contact - family/friend).
- **Emergency phone numbers in your wallet or purse.**
- **Program your cell phone with an ICE for EMS personnel.**
- **Don’t delay calling for help.**

### Information

- **Can get resources to learn more** at your doctor’s office or at the Mardigian Wellness Resource Center (MWRC)
- **Just ask and go on-line.**
- **MWRC 734-232-4120 or email: CVC-WRC@med.umich.edu**
  - americanheart.org

### Just ask for a referral

- **Do you need to quit smoking, lower your stress, exercise safely, eat healthy, or sleep better?**
- **Tell your doctor what you need. Check cost.**
- **Schedule & go to appointments.**

### Kids and family history

- **If you have heart disease, your children and siblings are more likely to get it. Make good health a family goal.**
- **Share your health history with kin.**
- **Check children for risk. Start healthy habits early.**

### Lipid management

- **Keep LDL cholesterol low (remember L=lousy).**
- **Keep HDL cholesterol high (remember H=healthy).**
- **High triglycerides (TRIGS) and low HDL go together and add to your risk.**
- **Eat less saturated fats, sugars, & refined starches.**
- **Take meds (e.g. statin).**
- **Reach goal – LDL less than 100 HDL more than 45-50 TRIGS less than 150 (Note: depends on clinical status)**

### Mental well-being

- **Depression, anxiety, and stress may increase your risk of a first or recurrent heart attack.**
- **Don’t be embarrassed. Talk to your doctor and family.**
- **There are many solutions. Just ask.**

### Sexual dysfunction

- **May be a symptom of cardiovascular disease.**
- **Talk to your partner...**
- **Tell your doctor. Seek solutions.**

### Tobacco cessation

- **Smoking, the most preventable cause of early death, raises the risk of heart attack, stroke, blood vessel diseases & some cancers.**
- **Do not use tobacco. Avoid secondhand smoke.**
- **Ask about programs and medicines to help you quit. For UMHS program, call (734) 936-5988.**

### Vaccinations

- **Influenza (flu) and pneumonia vaccines may reduce the risk of influenza, pneumonia, heart attacks, congestive heart failure, and death.**
- **Ask your doctor.**
- **Flu vaccine yearly. Pneumonia vaccine at least once.**

### Weight

- **Overweight & obesity raise your risk and link to other risks – high blood pressure, diabetes, and low HDL cholesterol.**
- **Set a weight goal. Exercise each day. Eat smaller portions.**
- **Reach the best weight for your age and gender; work with your doctor or dietitian.**