

✓ My Action Plan:

HEALTHY TARGETS

Blood pressure: _____

Heart rate: _____

Weight: _____



Exercise – How hard should I exercise?

F.I.T.T. PRINCIPLE – Knowing the “just right” type and amount of exercise for you can be determined by your doctor and therapist. The FITT principle helps you keep track of what exercise to do and how often.

F: Frequency	You should try to exercise all days of the week.
I: Intensity	Use the guide below to monitor how you feel to help you know when to slow down or push yourself.
T: Time	Always warm up and cool down when exercising. The warmup and cool down can include stretching and deep breathing for a few minutes before beginning the exercises program.
T: Type	The type of exercise should include both strengthening and endurance activities.

DATE	DAILY WEIGHT	BLOOD PRESSURE	HEART RATE	DAILY MEDS TAKEN (YES OR NO)	DAILY ACTIVITY	HOW DO I FEEL?



**LIVING WELL WITH
CARDIOVASCULAR DISEASE**

My next doctor’s appointment: _____

Physician Name: _____ Physician Phone: _____

Personal Goal: _____

CALL US FIRST! _____



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Cardiovascular disease affects the heart and blood vessels, causing problems with blood and oxygen supply to the body and brain. When the heart or vessels don't work well, it affects how blood flows.

Untreated cardiovascular disease might lead to a heart attack or stroke. Staying healthy means attending appointments and following medical orders as directed.

YOUR VITALCARING TEAM IS HERE TO HELP!



KNOW YOUR DIAGNOSIS

There are many different diagnoses related to cardiac disease. Understanding your diagnosis will help you understand how to better manage your symptoms and live a healthier lifestyle. Some of the more common cardiac conditions include:

- + **Coronary Artery Disease** – There is a buildup of plaque inside the arteries. This makes it harder for blood to flow to the muscles and organs.
- + **Hypertension** – The heart is having to work hard to push the blood out to the body. This is also known as high blood pressure.
- + **Heart Failure** – Occurs when the heart is too weak to pump enough blood to keep up with what the body needs. Symptoms may include shortness of breath, coughing, body fluid retention, and fatigue.
- + **Arrhythmia** – The heart is beating too slow, too fast or irregularly.
- + **Heart Valve problems** – There are 4 valves in your heart that help keep blood flowing in the right direction. When the valves do not open or close fully, it can cause the heart to work harder and pump blood less successfully.



UNDERSTAND YOUR MEDICATIONS

Various medications treat heart disease. Take them as your doctor prescribes. Keep a list of your medications and ask your nurse about each one, how to take them, and handling side effects.

Keep a log of your blood pressure, heart rate, and how you feel every day to help your doctor adjust your medications to be at the just right level for you.



LIVE A HEART HEALTHY LIFE

HEART HEALTHY DIET

- + Variety of vegetables. Be sure if the vegetables are canned, they are low sodium and low calorie.
- + Whole fruits, not canned fruit with added sugars
- + High fiber grains such as whole wheat bread and crackers
- + Proteins such as fish, chicken, eggs, soy
- + Beans and unsalted nuts
- + Low fat or fat free dairy such as yogurt or cottage cheese
- + Avoid fried foods and foods with a lot of salt or sodium.
- + Read food labels to help avoid high sodium foods.

Heart Disease Zones

DAILY



- + Check your blood pressure and heart rate and keep a record each day in the morning and afternoon
- + Weigh yourself each morning before breakfast; write it on the calendar
- + Compare your weight to yesterday's weight
- + Take your medication as prescribed
- + Eat low salt foods
- + Balance activity and rest times
- + Check for swelling in your feet, ankles, hands, and stomach
- + Check for increased shortness of breath from the previous day

GREEN ZONE – GOOD TO GO



- + No shortness of breath
- + No swelling in your feet, ankles, hands, and stomach
- + No chest discomfort or pain
- + No decrease in your ability to maintain your activity level
- YOU'RE DOING GREAT! KEEP IT UP!**
- + Your symptoms are under control
- + Continue taking your medications as ordered
- + Continue with daily weights
- + Follow a low salt diet
- + Keep all physician appointments

YELLOW ZONE – CAUTION



- + You have a weight gain of 3 pounds in one day or 5 pounds in one week
- + You have swelling in your feet, ankles, hands, or stomach
- + You have shortness of breath or chest pain
- + You are unable to do normal daily activities because of breathing problems
- + You are feeling tired or have low energy
- + You have a dry hacking cough
- + You have difficulty lying flat or need to sleep in a chair/increased number of pillows

ACT TODAY – YOU MAY NEED AN ADJUSTMENT TO YOUR MEDICATIONS. CALL YOUR HOME HEALTH CLINICIAN OR YOUR PHYSICIAN.

RED ZONE – EMERGENCY



- + You are struggling to breathe; unrelieved shortness of breath while sitting still
- + You have severe, recurring chest pain
- + You are wheezing or have chest tightness at rest
- + You have an unusual or rapid heartbeat
- + You have weight gain of more than 5 pounds in 2 days
- + You are confused or not thinking clearly, fainting
- + You are coughing up pink, foamy mucus

ACT NOW – YOU NEED TO BE SEEN RIGHT AWAY! CALL 911 OR HAVE SOMEONE TAKE YOU TO THE ER.