

CVD

DAILY

- Medication Administration: Take all medications as ordered by physician.
- Monitor blood pressure regularly or as directed by physician. Report abnormal findings. Keep log.
- Immediately report signs and symptoms such as dizziness, palpitations, shortness of breath, weakness/fatigue, and chest pain (emergency).
- Life Style Modifications: Follow diet, smoking cessation, and follow exercise regimen.
- Do not take any new medications without first consulting with your physician.

EVERY 1 – 6 MONTHS

- Medical appointments: Keep all medical appointments. Bring BP log.
- Report any changes since last visit.
- Bring all medications to your doctors appointments

YEARLY

- Comprehensive physical exam
- Assess risk factors and co morbidities.
- Get “flu” vaccination.
- Make sure you are current on your pneumonia vaccination.

Care Coordination Nurse: Phone (405) 515-6746

Fax (405) 447-3850

Email: CareCoordinator@nrh-ok.com

Lipid Levels

	Optimal	Borderline Low	Borderline High	High	Excessive
Cholesterol	<200 mg/dl	200-239 mg/dl		240< mg/dl	
Triglycerides	<150 mg/dl	150-199 mg/dl		200-499 mg/dl	500< mg/dl
Bad LDL	<100 mg/dl	100-129 mg/dl	130-159 mg/dl	160-189 mg/dl	190< mg/dl
	Low		High		Optimal
Good HDL	<40 mg/dl		50-59 mg/dl		60< mg/dl

Ways to Decrease Risk of Heart Disease



Primary Care Provider

-Establish Care with team of providers to facilitate your care



QUIT Smoking

-There is no safe level of smoking. Smoking greatly increases your risk of heart disease



Diet

-Follow Healthy Heart guidelines, Reduce salt intake



Exercise

-Increase overall physical activity, aim for 30 min/day



Weight

-Maintain healthy weight, Understand BMI



Stress

-Unmanaged stress increases risk for heart disease. Know Resources.

Keeping On Track 😊

Test or Service (frequency)	Target	My Goal*	Date/Result	Date/Result	Date/Result	Date/Result
Blood Pressure (every office visit, as indicated at home)	<140/90 mm Hg					
Weight (every office visit)	*Individualized*					
Total Cholesterol (every 1-2 yrs)	<200 mg/dl					
LDL (every 1-2 yrs)	<100 mg/dl					
HDL- Women (every 1-2 yrs)	>50 mg/dl					
HDL- Men (every 1-2 yrs)	>40 mg/dl					
Triglycerides (every 1-2 yrs)	<150 mg/dl					
Comprehensive Physical Exam (yearly)	=====					
Flu Shot (yearly)	=====					
Pneumonia Vaccine	Discuss with Provider					

**Your goal may be different from target depending on your health*