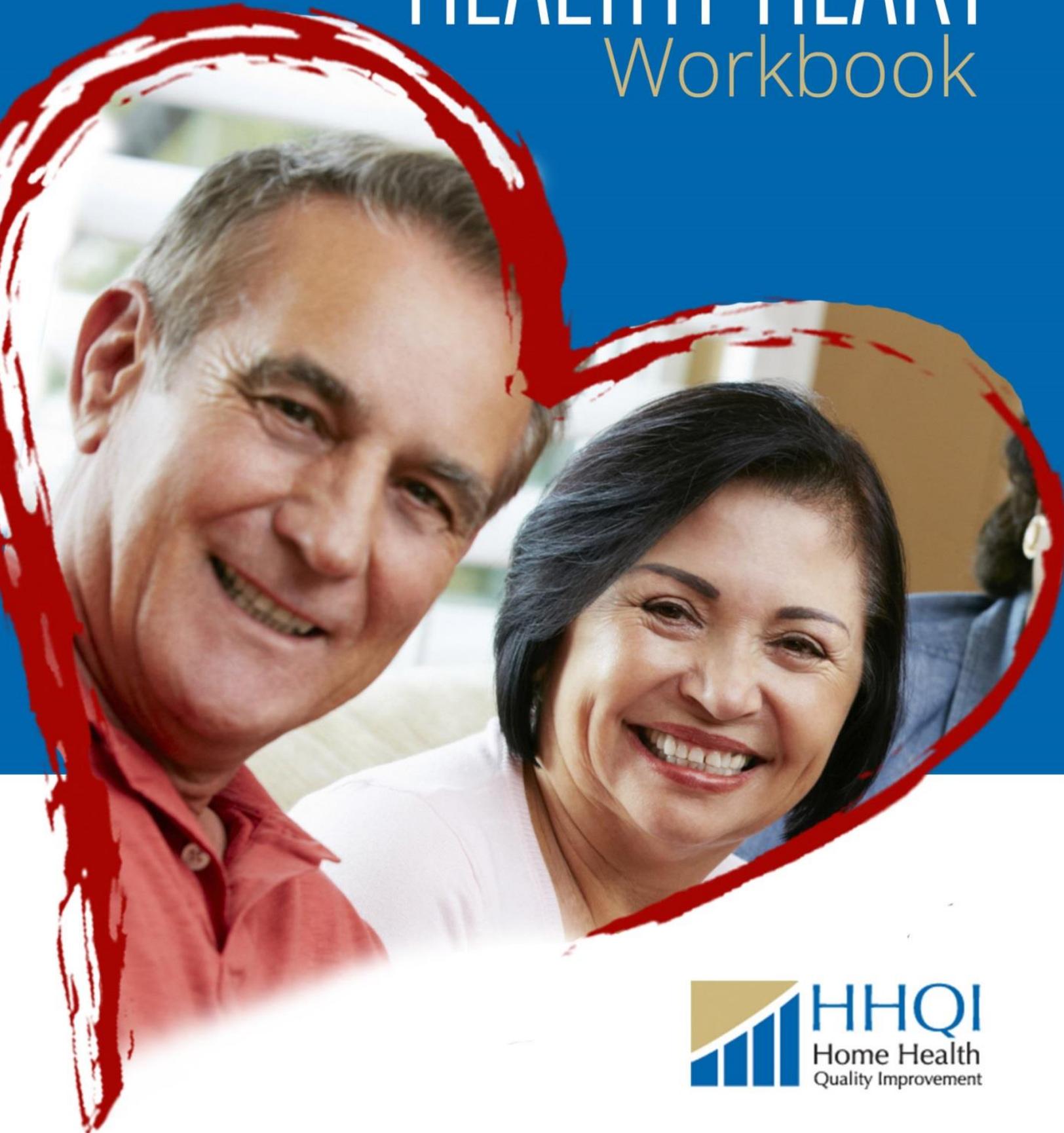


My HEALTHY HEART Workbook





You have already begun to reduce your risk for heart attack and stroke just by reading this workbook. You are in charge and can lead your team (your nurses, therapists, doctors, and family) in helping you reach your heart goals.

Instructions:

Read this workbook to learn more about your risk for heart attacks and strokes. You'll also learn what YOU can do to reduce your risks. Pick any of the actions YOU want to work on. Your nurse and doctor will help you.

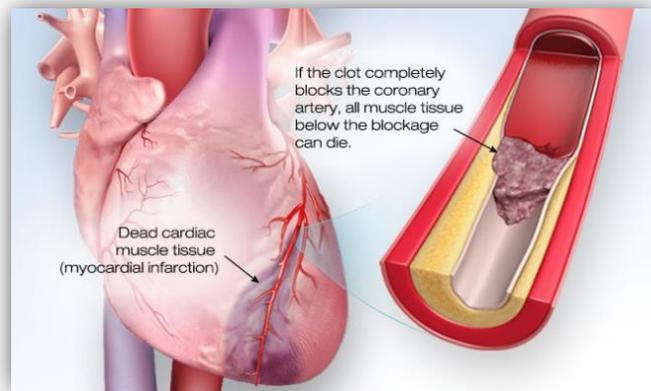
Heart Disease Facts

- 1 in every 4 deaths in the United States is due to heart disease
- #1 cause of death for both men and women
- #1 cause of death for African Americans, Hispanics, and whites
- #2 cause of death for American Indians or Alaskan Natives, Asian or Pacific Islanders
- 1 American dies every 4 minutes from a stroke
- Southeast United States has the highest stroke deaths (CDC, 2014)

Definitions

Coronary Artery Disease – Build-up of plaque in the heart’s arteries that could cause a heart attack. (American Heart Association)

Heart Attack: Damage or death to part of the heart muscle due to a lack of oxygen. Blood supply to the heart muscle is decreased or blocked off due to narrowing of the heart’s arteries from fat, cholesterol, or plaque. Also called myocardial infarction or “MI.” (American Heart Association)



AHA

Stroke: A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (ruptures). When that happens, part of the brain cannot get the blood and oxygen it needs, so it and brain cells die.

Types of strokes:

- Ischemic – caused by a clot
- Hemorrhagic – caused by the blood vessel bursting (rupturing)
- Transient Ischemic Attack (TIA or “Mini Stroke”) – caused by a temporary clot

Signs of a Heart Attack	Signs of a Stroke
<ul style="list-style-type: none"> • Chest pain or discomfort that lasts more than a few minutes or goes away and comes back (pressure, squeezing, fullness, or pain) • Discomfort in arms, back, jaw, or stomach • Shortness of breath with or without chest discomfort • Cold sweat, nausea, or lightheadedness • Women may have chest pain, but often it is the other symptoms listed 	<ul style="list-style-type: none"> • Face drooping • Sudden numbness or weakness of arms, legs, or face • Sudden confusion or trouble understanding • Sudden trouble seeing in one or both eyes • Sudden trouble walking, dizziness, loss of balance or coordination • Sudden severe headache with no known cause • Slurred speech



If you spot these signs and symptoms, **CALL 911** right away.

Risk Factors

Instructions: Place a checkmark next to any of the risk factors you may have for heart attack or stroke. If you need help understanding any of the terms or are unsure if you have a risk factor, ask your nurse or your doctor.

Risk Factors for Heart Attack	Risk Factors for Stroke
<ul style="list-style-type: none"> <input type="checkbox"/> Over the age of 65 <input type="checkbox"/> African Americans, Mexican Americans, American Indians, native Hawaiians and some Asian Americans <input type="checkbox"/> Family history of heart disease <input type="checkbox"/> Men’s risk is higher than women’s <input type="checkbox"/> High blood pressure <input type="checkbox"/> High cholesterol <input type="checkbox"/> Diabetes <input type="checkbox"/> Tobacco use <input type="checkbox"/> Alcohol abuse <input type="checkbox"/> Poor diet (high in fats, salt, or calories) <input type="checkbox"/> Obesity/overweight <input type="checkbox"/> Physical inactivity 	<ul style="list-style-type: none"> <input type="checkbox"/> Over the age of 55 the risk doubles every 10 years <input type="checkbox"/> African Americans <input type="checkbox"/> Prior stroke, TIA, or heart attack <input type="checkbox"/> Family history of stroke <input type="checkbox"/> Women’s risk is higher than men’s <input type="checkbox"/> High blood pressure <input type="checkbox"/> High cholesterol <input type="checkbox"/> Diabetes <input type="checkbox"/> Carotid or other artery disease <input type="checkbox"/> Atrial fibrillation <input type="checkbox"/> Other heart disease (like coronary heart disease, heart failure, cardiomyopathy) <input type="checkbox"/> Sickle cell disease <input type="checkbox"/> Tobacco use <input type="checkbox"/> Alcohol or drug abuse (like cocaine) <input type="checkbox"/> Poor diet (high in fats, salt, or calories) <input type="checkbox"/> Physical inactivity <input type="checkbox"/> Obesity/overweight

Did you have any risk factors for either heart attack or stroke? Even one puts you at risk, but the more risk factors, the higher your risk.

Ways to Reduce Your Risk Factors

Here is a simple way to remember four ways to help reduce your risk of heart attack and stroke: the **ABCS of Heart Health**.

Aspirin – Ask your doctor if you should be taking a low-dose aspirin every day.

Blood pressure control – Keep your blood pressure under a certain range like 140/90. Ask your doctor what your numbers should be and write them here:

Systolic (top#) _____ and **Diastolic (bottom#)** _____

Eat healthier diet, reduce salt intake, exercise, and you may need blood pressure pills to lower your blood pressure.

Cholesterol Management – Try eating healthier meals and exercising. You may need to take cholesterol lowering pills depending on your blood work levels.

Smoking Cessation – Quit as soon as possible to greatly reduce your risk for heart attack and stroke. Quitting is hard, but your doctor and nurse can help with education, helpful hints, and even medications. For many people, the most successful way to quit is with a combination of medical advice and medications.

Let's get started by filling out the next page. Take this booklet with you to your next doctor's next visit. Ask your nurse or therapist to help you fill this out, and then show it to them after the doctor appointment.





My Questions

About My Heart for My Doctor

Add Your Agency's Logo

My blood pressure at home has been:

I am taking my blood pressure pill(s):

(name of pill)

(how much)

(how often)

(name of pill)

(how much)

(how often)

Pick one statement that most tells how you are doing with your **high blood pressure pill**.

- I am really good at taking the pill(s) almost all the time
- I sometimes forget to take my pill(s)
- I have trouble paying for my pill(s)
- I don't think I need my pill(s)

I do not know what my last cholesterol tests showed.

- Please tell me what my **BAD** cholesterol (LDL) reading was _____ (result) and when it was taken _____ (date).

How was my result?

Good **OK but need to watch** **Not Good**





- Please tell me what my **GOOD** cholesterol (HDL) reading was _____ (result).

How was my result?

Good **OK but need to watch** **Not Good**





- When am I due for my next cholesterol test?

Blood Pressure Checks

It is important to get your blood pressure checked often. If you have home care nurses or therapists, they will check it for you. It is even better if you are able to check your own blood pressure at home in between visits and after discharge from home care.



If you are able, buy a blood pressure cuff to check your own blood pressure regularly. Ask your nurse or doctor about where and what type you should get. Or ask for a blood pressure cuff for your birthday or a special holiday from your family.

Then you need to write down the readings. Ask your nurse or doctor for a card or just use a sheet of paper or a calendar. Check it several times a week and at different times of the day. Use the same arm.

Date	Time	Arm	Blood Pressure
Feb. 2	8 am	L	152/88
Feb. 4	10 am	L	142/86

Eating Plan

Eating a healthier diet can lower blood pressure and reduce extra pounds. Ok – “diet” is a turn off, but what about just making some better choices? The American Heart Association recommends the **DASH** eating plan. Your nurse or doctor can teach you more about the DASH eating plan. Work on eating more of the foods in the purple box with the UP arrow and less of the foods in the red box with the DOWN arrow.

- Fruits & vegetables
- Fat-free or low-fat milk & milk products
- Whole grains
- Fish, poultry, beans, seeds, and nuts

- Salt & sodium
- Sweets, added sugars, and sugary beverages
- Fats
- Red meats



6 TIPS to Cut Sodium

On average, Americans consume 3,436 milligrams of sodium every day. That's more than twice the 1,500 milligrams that is recommended by leading health experts! It's clear that Americans have a taste for salt, but too much sodium leads to heart diseases such as high blood pressure, heart failure and other diseases such as stroke, osteoporosis (bone disease), kidney disease, and stomach cancer.

If you've been told to cut down on your sodium (or salt) intake or are unsure of what foods you should avoid or cut back on, here are some things you can start doing today to lower the sodium in your diet:

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

- 1. Read nutrition labels.** Sodium can be sneaky. Pay attention to sodium amounts and servings sizes. Limit sodium to 1,500 mg per day.
- 2. Think fresh.** Make fresh fruits and veggies your first choice. Limit processed foods and canned foods like soup, which are high in sodium.
- 3. Avoid temptation.** Take the salt shaker off your table; keep it out of sight in a cabinet instead.
- 4. Cook creatively.** Experiment with using things like lemon juice, herbs, and spices instead of salt.
- 5. Cook at home.** Making your own meals allows you to limit the amount of salt in them. If you do dine out, ask about low-sodium options.
- 6. Eat more potassium.** It counters the effect of sodium and is found in bananas, sweet potatoes, and many dried beans, fruits and vegetables.

SOURCES: American Heart Association: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sodium-Salt-or-Sodium-Chloride_UCM_303290_Article.jsp; Centers for Disease Control and Prevention: <http://www.cdc.gov/salt/>

This material was prepared by the West Virginia Medical Institute, the Quality Improvement Organization supporting the Home Health Quality Improvement National Campaign, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The views presented do not necessarily reflect CMS policy. Publication Number: 10SOW-WV-HH-MMD-041014.



Physical Activity

It is important to try to keep your body at a healthy weight. Obesity increases your risk for heart attack and stroke. Try to get about 2 hours and 30 minutes of moderate-intensity exercise every week or increase every week what you can do. Even if walking isn't an option, some exercises can be done in a chair. Talk with your nurse or doctor before starting exercises and ask about what you can do.



Smoking Cessation

Smoking is the most important preventable cause of early death. Tobacco smoke (cigarettes and cigars) is directly tied to higher risk for heart attacks and strokes no matter how much you smoke. Even being around someone who smokes is



almost the same as if you smoke. Tobacco smoke causes your blood to thicken and have trouble flowing through the arteries leading to plaque build-up and clots.

There are different ways to stop smoking. You need to find what works for you with the help of your nurse or doctor. You have to be ready and want to quit. **ARE YOU READY?** Tell your nurse or doctor right away to get started.

Resources you may need include:

- Educational materials from your nurse or doctor
- A support person(s)
 - Friend or family member to be your cheerleader and help you
 - **1-800-QUITNOW** (free help hotline)
 - SmokefreeTXT (free cell phone texts)
- Medications – talk with your doctor about which one is right for you
 - Nicotine Replacement Therapy such as the patches and gum
 - Other drugs

Using a combination of medication *and* counseling support can increase your chance of success.

Medications

Your doctor may have ordered medications for you to reduce your risk for heart attack or stroke. It is very important for you to take the medications exactly as ordered. Sometimes, you may have problems with the medications (side effects) or you can't afford the medications. If this occurs, you need to let your nurse or doctor know right away. You may need to be put on a different medication.

Always ask when you are unsure!

If you tend to forget your pills every now and then, try a pill box. Find one that is easy to open, and keep it where you will see it all the time. Ask your nurse, therapist, or doctor for other tips.



Action Plan

Use the **Action Plan** on the next page, and pick one area where you want to start.

References

American Heart Association

- [About Heart Attacks](#), 2012
- [Coronary Artery Disease](#), 2014
- [Learn More Stroke Warning Signs and Symptoms](#), 2014
- [Stroke Risk Factors](#), 2012
- [Understanding your Risk of Heart Attack](#), 2014
- [Warning Signs of a Heart Attack](#), 2014
- [Warning Signs of a Stroke](#)

Centers for Disease Prevention and Control (CDC)

- [Heart Disease Facts](#), 2014
- [Stroke Facts](#), 2014

Million Hearts®. *About heart disease & stroke*. Retrieved from <http://millionhearts.hhs.gov/about/health/prevention.html#ABCS>

National Heart, Lung, and Blood Institute (NHLBI)

- [At-A-Glance: Lowering Your Blood Pressure With DASH](#)



Creating My Healthy Heart Action Plan

1. **Goal:** Something I want to do to help lower my risk for a heart attack or stroke. _____

2. **Describe How:** _____

Where: _____

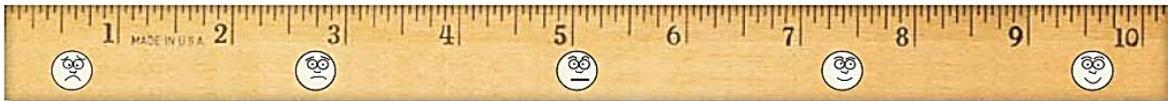
What: _____

When/How Often: _____

3. **Barrier(s):** _____

Plan to overcome barrier(s): _____

4. **How important is this goal to me?** Draw a circle or a mark on the ruler:



Totally
Unimportant

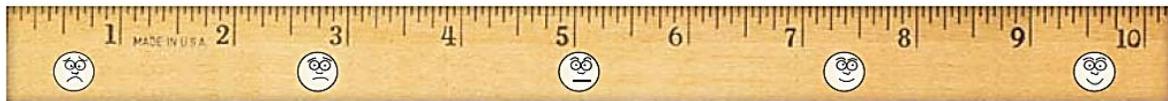
Unsure

Somewhat
Important

Very
Important

Extremely
Important

5. **How confident do you feel that 'I can do this'?** Draw a circle or a mark on the ruler:



Totally
Unconfident

Unsure

Somewhat
Confident

Very
Confident

Extremely
Confident

Follow-Up: _____



This material was prepared by Quality Insights, the Medicare Quality Innovation Network-Quality Improvement Organization supporting the Home Health Quality Improvement National Campaign, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The views presented do not necessarily reflect CMS policy. Publication number 11SOW-WV-HH-MMD-013115