

Ideal Person after a Heart Attack

Know your goals

Blood Pressure
LDL ("Bad") Cholesterol level
Your base weight

Goal

Less than 120/80
Less than 70
_____ lbs.

Lifestyle Modifications

- **Once cleared by your cardiologist, exercise at least 30 minutes for at least 5 days a week.**
- **Achieve your ideal body weight. Yours is _____ lbs. Even losing 5 pounds has been shown to reduce the death rate in people with high blood pressure.**
- **Stop smoking**
- **Limit alcohol intake to 1 serving a day (if at all)**
- **Eat 3 meals a day and use the DASH diet, and include fish (mackerel, lake trout, herring, sardines, albacore tuna and salmon are the best) twice weekly**
- **Sleep for at least 8 uninterrupted hours a day**
- **Stress reduction using exercise or yoga**

Routine Laboratory Testing

- Cholesterol panel twice a year until at your goal, then yearly
- Basic Metabolic Panel twice a year
- Liver Function Tests once a year
- Urine tests once a year
- Electrocardiogram (EKG) every 2 years
- Flu Vaccine once a year
- Eye Exam once a year
- Depression Screen once a year

Medications (checked if prescribed)

Dose

- Aspirin _____
- Beta Blocker _____
- Cholesterol Medication _____
- ACE Inhibitor (or Angiotension Receptor Blocker – ARB) _____

- Hydrochlorothiazide (HCTZ) _____
- Calcium Channel Blocker _____
- Other Blood Pressure medication _____
- Plavix _____
- Serotonin-Reuptake Inhibitor _____
- Omega-3 Fatty Acid Supplements (with both EPA + DHA) 1 gram per day
- Multivitamin _____
- Other _____