

Coronary Artery Disease Health Log



Keep track of your information with this Health Log. Be sure to bring it with you when you visit your doctor.

Doctor _____ Phone _____
Hospital _____ Phone _____
Pharmacy _____ Phone _____
Emergency contact _____ Phone _____

Doctor exam	Standard goal	My goal	Date/ My number	Date/ My number	Date/ My number
Blood pressure <i>(every visit)</i>	Less than 140/90				
Total cholesterol <i>(yearly)</i>	Less than 200				
LDL (bad) cholesterol <i>(yearly)</i>	Less than 100				
HDL (good) cholesterol <i>(yearly)</i>	More than 60 to protect your heart				
Triglycerides <i>(yearly)</i>	Less than 150				
Current weight <i>(every visit)</i>					

Do you know the signs of a heart attack?

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest. It lasts more than a few minutes.
- Pain spreads to the shoulders, arms and neck.
- Heartbeat is fast or irregular.
- Chest discomfort with sweating, nausea and shortness of breath.

Not sure if it's a heart attack? Check it out — call a doctor or a nurse. Don't put off calling 911. Every minute counts!

These tips are for your information only. Don't use these tips instead of your doctor's care. Your doctor's care comes first.

Coronary Artery Disease Health Log *continued*

Vaccination	Date		
Influenza (flu) <i>(yearly)</i>			
Pneumonia <i>(ask your doctor)</i>			
Medicine	Name	Dosage	Frequency
Statin* (cholesterol)			
Beta-blocker* (blood pressure/heart)			
ACE Inhibitor or ARB* (blood pressure/heart)			
Anti-Platelet* (aspirin or other blood thinner)			
Other medicine			
Other medicine			
Other medicine			
Other medicine			
Other medicine			

*Ask your doctor if this type of medicine is right for you.

Next office visit	Date:	Date:	Date:
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