East Alabama Health

Heal Your Heart:

Your Guide to a Healthy Heart

Services provided by:

East Alabama Health—Cardiovascular Disease Management Services

Cardiac Rehabilitation—Opelika

2000 Pepperell Parkway

Opelika, Alabama 36801

334-528-1694

Cardiac Rehabilitation—Lanier

4800 48th Street Valley

Valley, Alabama 36854

334-710-0031

Community Resources

There are many resources for you in the community. Here's a list of ways you can get involved.

CPR Certification

CPR is life-saving and important for everyone to know. When there is an emergency, it is important to act fast. Knowing CPR can help you save a life!

To enroll in a CPR class, go online to **www.eastalabamahealth.org** and click on the "Classes and Events" icon. From there, register for the Heartsavers CPR class.

Questions: call **EAMC Education Center at 334-528-1260.**

EAMC Cardiac Rehab Facebook Page

We have a number of resources and videos on our Facebook page. Please go to our Facebook page and like us. Just search for the "Cardiac Rehab of EAMC" Facebook page.

Risk Factor Education Class

This video is offered on our EAH Website. The class is free, and it teaches you how your heart works and how to take care of it.

www.eastalabamahealth.org/find-a-service/heart-and-vascular-care/prevention

Monthly Support Group

We offer a monthly support group, covering a variety of topics regarding heart and lung health.

It meets the first Friday of every month. Please call us for more information.

EAH Cardiac Rehab (Opelika)
334-528-1694

Cardiac Rehab

- The **East Alabama Health (EAH) Cardiac Rehab** program is a solution to heal your heart and guide you to a healthier life.
- You may be able to participate if you've had: a heart attack, a heart stent or balloon, open heart or valve surgery, TAVR, or heart failure.
- EAH Cardiac Rehab is a supervised exercise program where patients receive education, counseling and support.
- Benefits include preventing future hospital stays, weight loss, better nutrition, knowledge to make heart healthy choices, reduced stress, improved confidence, and greater emotional well-being.

What Does It Offer?

- A clinical staff that supervises you while exercising in a safe environment.
- A personal exercise program that works for you.
- A support group to meet other heart patients & share stories, struggles, and successes.
- Education to live a healthy life and make changes in your eating habits, taking your medicines & quitting tobacco.
- Learn how to manage blood pressure, cholesterol, blood sugar, and stress.
- Improve communication with doctors and healthcare providers about your progress after your cardiac event.

Benefits of Cardiac Rehab

- Live longer & lower the chance of a heart attack.
- Scientific studies show cardiac rehab can increase life span by up to 5 years.
- Manage heart disease symptoms such as chest pain and shortness of breath.
- Reduce the chance of death by 20-30% during the 5 years following a heart attack or bypass surgery.
- Increase energy and strength by getting you back to normal activities including work, hobbies, and regular exercise.
- Improve confidence & well-being.

Coronary Heart Disease

Coronary heart disease or Atherosclerotic Cardiovascular Disease (ASCVD) happens when there is a buildup of plaque in the walls of the arteries that provide the blood supply to the heart muscle itself. This can lead to a heart attack if it's not treated. ASCVD is also known as coronary artery disease (CAD). There are many risk factors for heart disease that you can control to help lower your risk of a heart attack. The risk factors for CAD are discussed in this book. Let us help you learn how to heal your heart and live a healthy life.

Please watch our Cardiac Risk Factor Education Class video on our East Alabama Health Website. This class is a free service of East Alabama Health and the Cardiology Department. It is recommended by your physician and designed to give you valuable information about your heart and what you can do to help heal your heart and stay healthy.

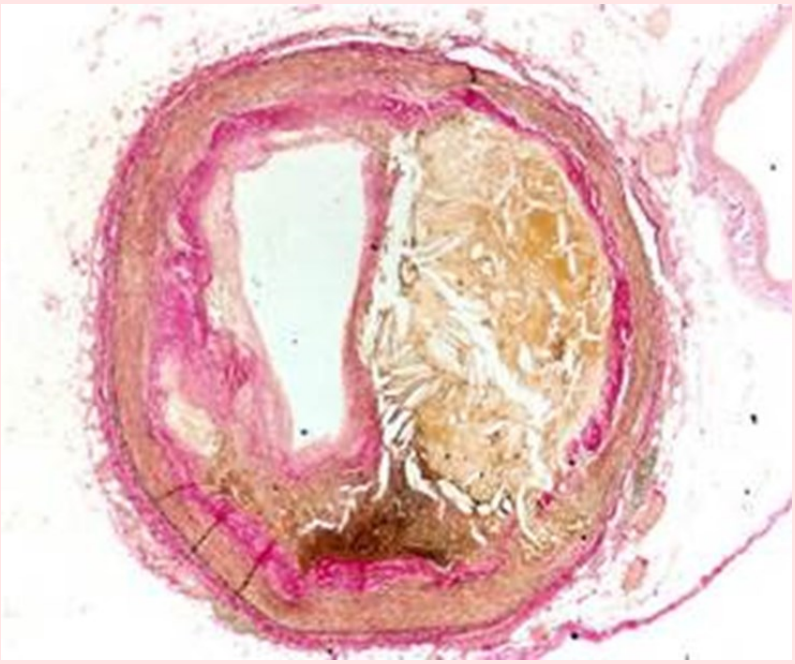
Risk Factor Education Class—Video
www.eastalabamahealth.org/find-a-service/heart-and-vascular-care/prevention

You may also qualify for Cardiac Rehabilitation. This is a supervised outpatient program where your heart is monitored during exercise and you receive education to improve your health.

If you have questions about the Risk Factor Education Class or outpatient Cardiac Rehab, please call (334) 528-1694 for more information.

Best Wishes,
Cardiac Rehab Disease Management Team
East Alabama Health

Coronary Artery Disease



Atherosclerosis develops when plaque builds up in your artery. Plaque is made up of fats, cholesterol, and other substances in and on the artery wall. When the artery gets narrow, the blood flow slows down to vital organs. If a plaque ruptures, a blood clot can form. This can decrease the blood flow even more, which can cause serious damage.

You Could Also Have...

Peripheral Artery Disease:

- Plaque buildup in arteries outside the brain and heart, including: legs, abdomen/pelvis, and arteries to and in the arms.
- Causes claudication, experienced as cramping, aching, fatigue or pain during physical activity
- Most common in legs
- Pain gets better with rest
- If you think you may have peripheral artery disease, talk to your doctor.

Cerebrovascular Disease:

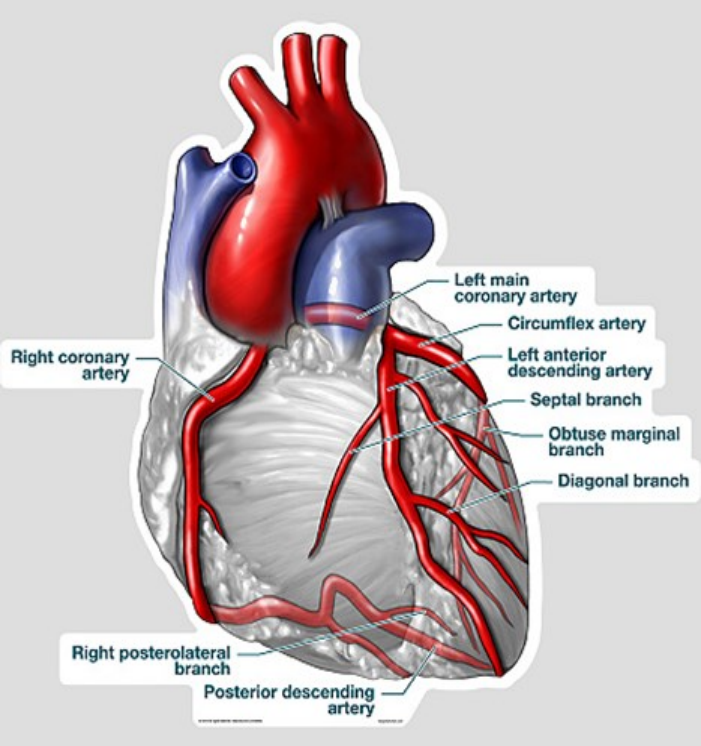
- Atherosclerosis and plaque in arteries that supply your brain
- May cause stroke or mini-stroke
- ***If you think you are having a stroke, call 911 immediately***
- Remember warning signs of a stroke with the acronym: **B.E.F.A.S.T.**

  B: Balance (Off balance)
  E: Eyes (Vision loss)
  F: Face Drooping
  A: Arm Weakness
  S: Speech Difficulty
  T: Time to call 9-1-1

Arteries

This picture shows the arteries around the heart. When the heart muscle squeezes, it pumps blood to the body and to the lungs.

Blood is supplied to the heart arteries during the heart's resting phase. This blood flow keeps the heart healthy and gives the muscle the oxygen it needs to work.



Diagnostic Tests

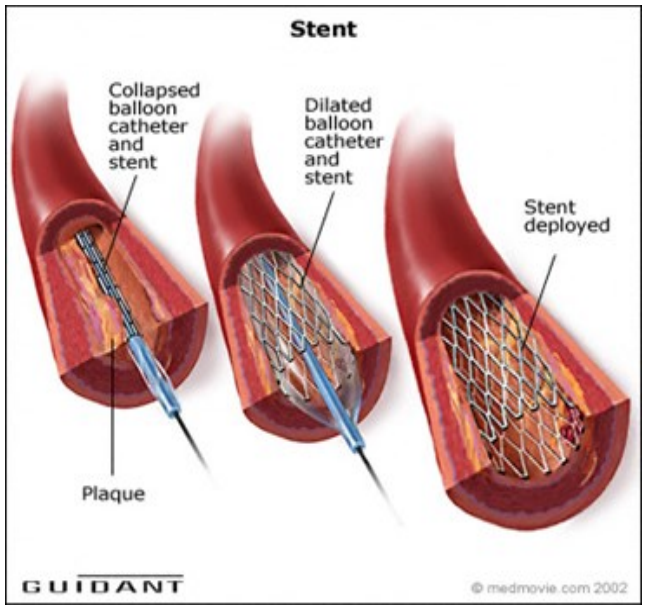
Early treatment of heart disease helps to minimize damage to the heart muscle. Symptoms assessment and physical exam are key components, as are certain tests.

- **Myocardial perfusion imaging** is a way of looking for findings of reduced blood to the heart muscle during **stress testing**. The "stress" is either generated from walking on a treadmill or by using a medication administered through an IV.
- **Electrocardiogram (ECG or EKG)** an electrical assessment of the heart that may show findings of a new or old heart attack or heart rhythm problems.
- **Blood tests** to measure cardiac enzymes can be markers of ischemia (decreased blood flow) or heart muscle damage.
- **"Echo"cardiogram** can measure heart chamber sizes, heart pumping function and filling, and heart valve function.
- **Chest x-rays** are often used to look for fluid build up.
- **Cardiac catheterization (cath)** uses dye and x-ray technology to visualize the inside of the arteries. It can be used for both diagnosis and, often times, treatment (angioplasty, stenting, atherectomy).

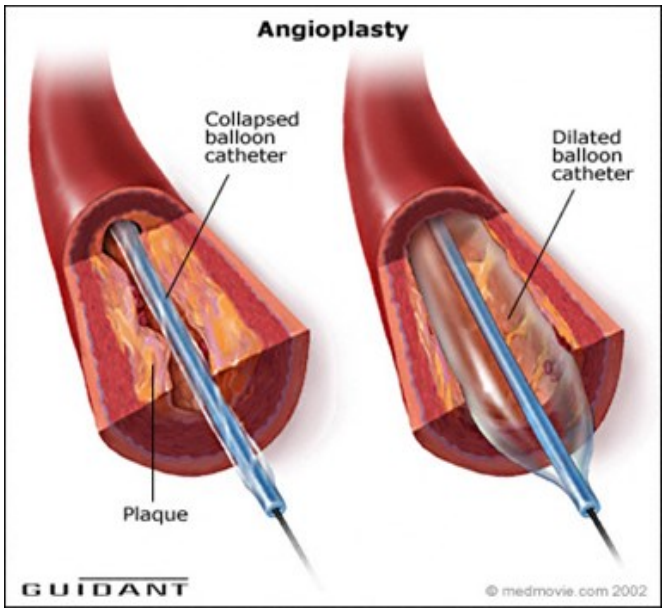
Procedural/Surgical Interventions

A Stent:

- A stent is a metal coil that props open a narrowed or collapsed artery. Some stents have medicine in them.
- Allows more blood to flow to keep the heart muscle healthy
- Left in place to keep the artery open over time
- Standard treatment after a stent is to take an anti-platelet drug like aspirin, Plavix (clopidogrel), Effient (prasugrel), or Brilinta (ticagrelor) to prevent blood clots.



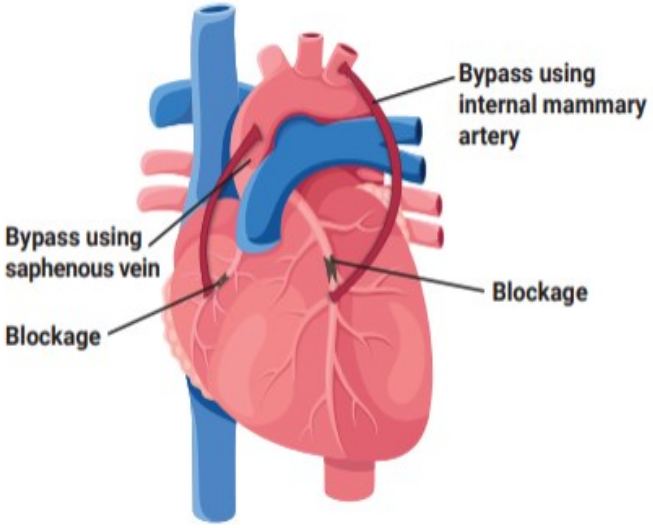
An Angioplasty or Balloon:



- Stretches open a narrowed heart artery
- Allows more blood to flow to the heart muscle to keep it healthy

Coronary Artery Bypass Graft (CABG):

If a blockage cannot be fixed with a stent or balloon, your doctor may recommend "open heart" surgery or cardiac bypass surgery. A chest artery or leg vein is used to redirect or "bypass" blood flow around the blockage.



Chest Pain:

Angina:

- A type of chest discomfort most often described as uncomfortable, but not necessarily pain.
- May be caused by a blockage in the artery which reduces blood flow to the heart or an arterial spasm.
- Is an important **warning sign** that the heart isn't getting enough oxygen-rich blood
- Symptoms (such as those listed as "warning signs" on pg.9) are brief, lasting a couple of minutes up to around 15 minutes (not just a few seconds) or after taking nitroglycerin (NTG)

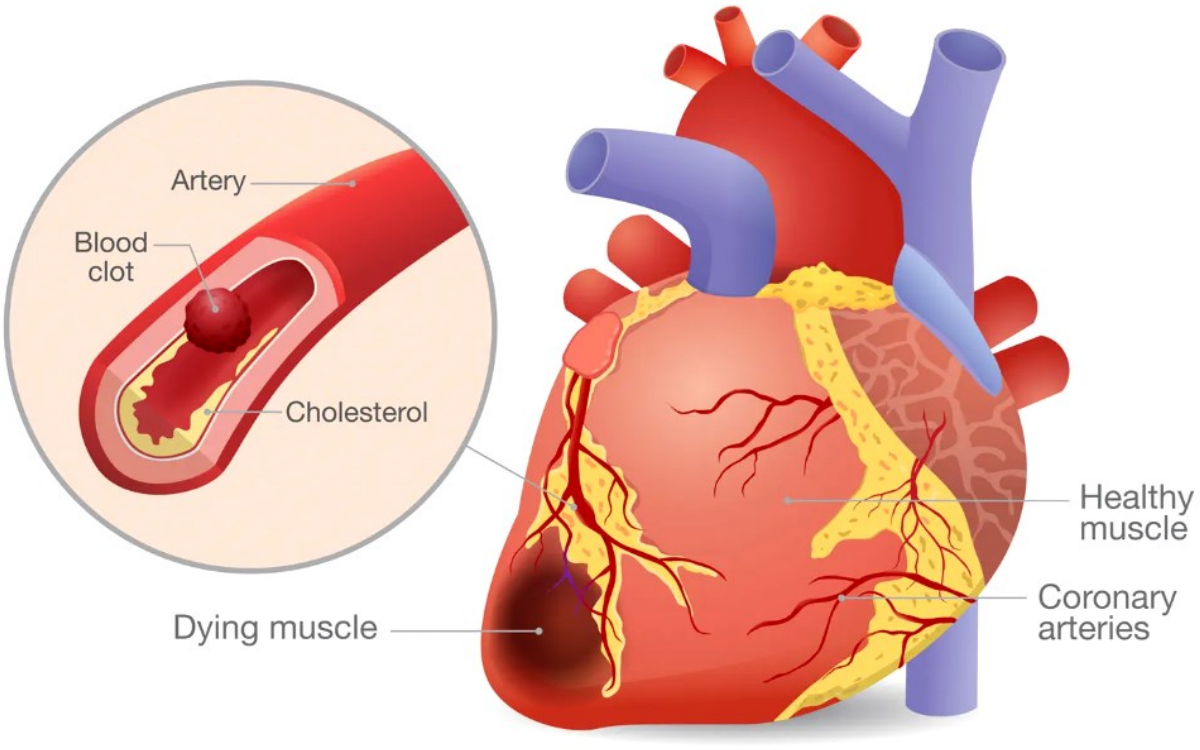
Heart Attack:

- Also called a myocardial infarction (MI) or can be unstable angina with minor damage called acute coronary syndrome (ACS)
- Happens when the blood flow is so severely blocked to the heart that it results in damage to the heart muscle.
- Occurs most often when a blood clot blocks the flow of blood, depriving the heart muscle of oxygen.
- Occasionally, although rarely, a spasm of a coronary artery or a crack in the wall of the artery (called a dissection) blocks blood flow in the artery.
- Remember "time is muscle" and if you think you are having a heart attack, **call 911 immediately.**

When It May Be Time to ***Call 911:***

Warning Signs of a Heart Attack:

- Chest discomfort such as tightening, squeezing, pressure, fullness or pain
- Pain, aching, or discomfort in one or both arms, back, neck, jaw or stomach
- Shortness of breath, fatigue
- Cold, clammy, sweaty feeling
- Nausea, vomiting or feeling lightheaded
- "Burning" feeling similar to indigestion or "heart burn"
- New onset angina (chest pain) or a change or increase in your chronic anginal symptoms



Possible Problems After Your Heart Event

Denial, Depression, Anxiety and Fear are common feelings following a heart attack or a new diagnosis of heart disease. Ask questions of your doctor or healthcare provider and embrace accurate facts about your disease process. It is important to follow up with your primary care physician and your cardiologist (heart specialist), *not* "DR. GOOGLE"!

Many people return to full and productive lives! Watch the cardiac risk factor video. Talk with friends and family about your feelings and allow them to help you when needed. Begin a gentle walking program and be more active. Consider joining a support group. If you feel any of the following symptoms, please contact your provider to address:

Arrhythmias are irregular or abnormal heart rhythms. If you feel "heart flutters", let your provider know.

Pericarditis is inflammation of the lining around the heart causing chest pain and fluid build up around the heart. Pericarditis causes painful respiration (hurts to breathe) and is usually a sharp pain.

Heart Failure is a chronic, progressive condition in which the heart muscle is unable to pump enough blood through the heart to meet the body's needs for blood and oxygen. Heart failure usually results in an enlarged heart.

Symptoms may include:

- Short of breath at rest or more short of breath than usual
- Need more pillows to sleep or have to sleep upright in a chair
- More swelling in your legs than normal
- Swelling or tightness across the abdomen, sense of fullness
- More dizzy or light-headed than normal
- Weight gain of 2-3 pounds overnight or 3-5 pounds in a week

Home Instructions

What to do after your heart event:

- Pay attention to what your body is telling you. Stop and rest if you feel fatigued or short of breath.
- Listen and follow your doctor's instructions regarding going back to work, taking your medications, beginning an exercise plan and taking part in sexual activities.
- Ensure you are receiving good quality sleep before activities.

After you have a heart catheterization:

- Drink plenty of fluids over the next two days to "flush" the dye out of your kidneys. If you have heart failure, follow your doctor's advice to clarify your fluid restrictions.
- You may shower the day after surgery. No tub bath for five days.
- Gently clean the site with soap and water; pat dry. Do not use any creams or lotions. Keep covered with a fresh Band-aid until healed.
- Avoid strenuous activity or lifting more than 10 pounds for two days.
- For the first week, apply pressure to the site when sneezing.
- Unless told otherwise, you may resume driving the day after hospital discharge.
- Eat properly and follow nutrition guidelines.
- Immediately report significant bleeding that does not stop after 10 minutes of firm pressure, any signs of infection (redness, warmth to touch, drainage, fever or chills), increased swelling or pressure, and numbness or tingling at the entrance site.
- Notify your physician if the site has not healed within 10 days.

Additional precautions if you had a heart attack:

- Do not lift more than 10 pounds for 2 weeks.
- Avoid activities that require lots of energy such as substantial yard work, home cleaning, and other hobbies.
- Avoid operating any motor vehicles before your doctor gives you approval.
- Avoid participating in any stressful or tense situations.

Tips for Resuming Sexual Activity:

- It is generally safe for most individuals to resume sexual activity 2 to 3 weeks after their heart attack.
- It takes about the same amount of energy as climbing two flights of stairs or cleaning the bathroom.
- When you do choose to resume sexual activity, this should be after an open and honest conversation with your partner.
- Resuming intimacy can be emotional for both you and your partner, but it is something you can go back to once you feel able.
- Fatigue and depression are common after a heart attack and may effect libido. Talk with your health care provider about these symptoms and seek counsel to help you cope with these feelings.
- Avoid drinking alcohol before sex. It is a good rule of thumb to wait to have intercourse 1-3 hours after eating a full meal.
- Talk with your doctor before using medicines for erectile dysfunction (ED). **DO NOT take any form of nitroglycerin within 24-48 hours of an ED drug.**

Nitroglycerin (NTG):

- NTG is a medicine that improves blood flow to the heart muscle by opening up or vasodilating the blood vessels.
- At the first sign of chest pain, **sit down** and place **a NTG tablet** under the tongue (let it dissolve). Stay seated for **5 minutes.**
- If you still have chest pain, use a **2nd tablet**. Stay seated for **5 more minutes.**
- If the pain persists, use a **3rd tablet**. **Call (911)** if you still have chest pain after 5 minutes (3 tablets).
- Store bottle in a cool and dark place. Replace in 90 days once bottle is opened.
- *For individuals taking medications used to treat pulmonary hypertension or erectile-dysfunction:* ***Do Not take NTG within 48 hours*** *of taking erectile dysfunction medications.*

Aspirin (ASA):

If you don't have an ASA allergy, while you wait for emergency personnel, chew 4 non-coated baby aspirin or one 325 mg tab.

Medicines Commonly Used to Treat Heart Disease

Blood Thinners — including antiplatelets & anticoagulants:

Antiplatelets: Help prevent future blood clots and protect your stent. (Ex: aspirin, Plavix, Effient & Brilinta)

Anticoagulants: Slow down clotting (Ex: warfarin, coumadin, eliquis)

Beta-Blockers: Slow the heart rate, decrease the heart's oxygen demand, and help prevent/control arrhythmias.

Arrhythmias are abnormal or irregular heart rhythms (Beta blockers end in –lol. Ex. carvedilol & metoprolol).

ACE-inhibitors: (end in –pril, such as enalapril or lisinopril) & **ARBs:** (end in –artan, such as losartan or valsartan)

Lower high blood pressure and protect heart and kidney function, decrease "remodeling" and improve "pump" function.

Statins: (end in –statin, such as atorvastatin or simvastatin)

Lower LDL or "bad" cholesterol, raise HDL or "good" cholesterol, help prevent heart attacks, strokes and slow the progression of heart disease.

<u>Other medications:</u>

Cardiac Dysrhythmia medications: (amiodarone or digoxin) treat irregular heart rhythms.

Calcium Channel Blockers: (amlodipine, diltiazem & verapamil) treat high blood pressure and chest pain.

Diuretics (e.g. furosemide, torsemide, spironolactone) also known as "water pills." Helps lower swelling and blood pressure.

Risk Factors for Heart Disease

Non-Modifiable

- ☐ **Family history** of heart disease or stroke
  - mother, father, sister, brother, children
- ☐ **Age**
  - Men 45 years or older
  - Women 55 years or older

Modifiable

- ☐ **Stress**—Unmanaged or overwhelming
- ☐ **Using tobacco—nicotine**
  - smoking, dipping, chew, pouches, e-cig or vaping
  - *The only risk factor that can be completely eliminated*
- ☐ **Hypertension** (High blood pressure)
  - More than 130/80
- ☐ **Being overweight**
  - Women: waist measurement more than 35 inches
  - Men: waist measurement more than 40 inches
- ☐ **Diabetes**
- ☐ **High cholesterol**
  - Total cholesterol more than 200 mg/dL
  - HDL less than 40 mg/dL
  - LDL more than 100 mg/dL
  - Triglycerides more than 150 mg/dL
- ☐ **Not getting enough exercise**
  - Less than 30 minutes of moderate activity most days of the week

Stress

What is stress?

- Stress is your body's response to change.
- It can come from happy events like a new job or new home. It can also come from an unhappy event like an illness, death or overwork.
- Stress makes your body release adrenaline which makes your heart rate and your blood pressure go up to help you deal with things.

The Effects of Stress:

- Aches and pains, tight muscles, upset stomach or headache
- Emotions like anxiety, fear, anger, tense, out of control, depressed or helpless
- Trouble sleeping or less energy
- Being easily irritated, impatient or forgetful

Dealing with stress:

- Use positive words like "I will do the best I can" or "I can do this if I take it one step at a time" instead of negative words like "I can't do this."
- Find an **emergency stress stopper** like counting to 10, deep breathing or a thought that makes you smile.
- Find a **stress management technique** that works for you like exercise, meditation, mindful self compassion, a hobby, watching a movie or praying. For other ideas, see the picture above.
- Remember to laugh, stay organized, slow down, be grateful, talk to family or friends, and get enough sleep.

Tobacco

Nicotine and Heart Disease:

- Nicotine causes your heart rate and blood pressure to go up.
- Carbon monoxide gets in the blood and robs your body of oxygen.
- Together, nicotine and carbon monoxide damage the walls of blood vessels making it easier for plaque to build up.
- Smoke also makes the platelets in your blood activate which can cause blood clots to form.
- Smoking decreases HDL, your good cholesterol.
- All forms of nicotine including smoking, vaping, pouches and chew are harmful to your heart.

Steps to Quit Smoking:

STEP 1: Set a quit date - Share it with your friends and family to hold you accountable.

STEP 2: Choose a method to quit – Cut down on number of cigarettes a day, quit cold turkey, smoke only part of your cigarette, or talk to your doctor about medications you can use.

STEP 3: Plan for your quit day – Reward yourself, have low calorie snacks for cravings, get rid of anything to do with smoking.

STEP 4: Stop smoking on your quit day – When you have an urge, take a walk, brush your teeth, eat sugarless candy or chew gum.

Why Quit?

- When you quit, your risk for heart disease drops 50%.
- You will have more money for other things.
- You will not expose people you know to second-hand smoke.

Resource:

Alabama Quitline 1-800-QUITNOW

High Blood Pressure

Normal Blood Pressure:

less than 120/80

Elevated:

120-129 (upper number)

Less than 80 (lower number)

High Blood Pressure:

130/80 or higher

- Blood pressure is the force of blood pushing against the artery walls.
- High blood pressure means the force is too high.
- Hypertension (HTN) is another name for high blood pressure.
- HTN is known as a "silent killer" because you cannot feel it.
- The only way to know if you have high blood pressure is to check your blood pressure regularly.

Risks of High Blood Pressure:

Heart attack

Heart failure

Kidney failure

Peripheral Artery Disease

Stroke

How can you control blood pressure?

- Take your blood pressure medications exactly how your doctor tells you.
- Eat less salt.
- Be more physically active.
- Lose weight.
- Limit alcohol to 2 drinks per day for men, 1 drink per day for women.
- Lower your stress.

Being Overweight

- Your **waist measurement** can tell you if you are overweight:
  - Men with waist 40 inches or more
  - Women with a waist 35 inches or more
- Body fat makes you more at risk for heart problems.
- Extra fat around the waist makes you even more at risk.
- Being overweight puts you at risk for many health problems:

Diabetes	High blood pressure	Cancer
Stroke	Depression	Sleep apnea
Heart disease	High cholesterol	Depression

A safe weight loss goal is to lose **1-2 pounds each week.**

Don't take over the counter (OTC) diet pills

If you lose **8-10 pounds,** that is enough to help lower your blood pressure, cholesterol, and help control your blood sugar.

Five Goals for Weight Loss:

1. **Keep serving sizes smaller than your fist.**
2. **Control hunger with filling foods that are low in calories** – like water, salad, fruits, vegetables and soup.
3. **Keep track of what you eat** — include drinks, snacks and serving size.
4. **Think of trade-offs for your favorite foods** – eat a smaller serving size or eat the food less, also substitute fruits or vegetables.
5. **Do more physical activity** — move more throughout the day.

Body Mass Index (BMI)

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

3500 Calories in a Pound

What We Eat Makes a Difference:

- Protein = 4 calories per gram
- Carbohydrates* = 4 calories per gram

  *(*Includes both dietary fibers and sugars)*
- Fat = 9 calories per gram

(Most foods have a combination of these three macro-nutrients).

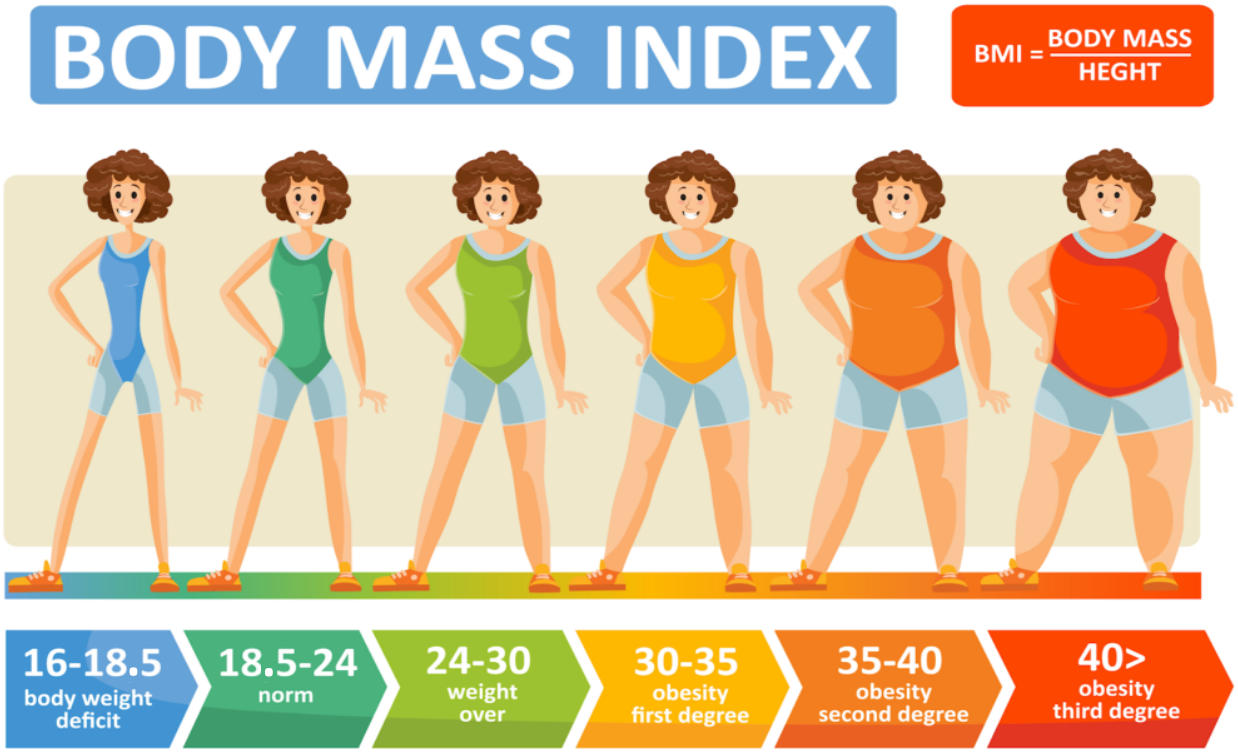
- Alcohol = 7 calories per gram

Formula to calculate BMI:

BMI = [Weight in Pounds / (Height in inches) x (Height in inches)] x 703

Where your weight is located can be a factor in heart health.

- **"Apple" shaped** - carry their weight around the middle of their body —> more likely to have heart disease
- **"Pear" shaped** - carry their weight around their hips



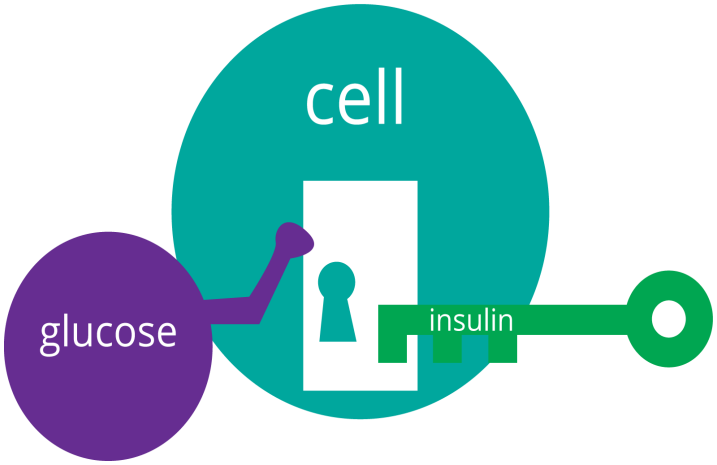
Diabetes

- Diabetes is a chronic disease in which the body has trouble making insulin or the cells in the body have trouble using insulin.
- Insulin is a hormone made in the pancreas that helps the body use blood sugar for energy and helps control blood sugar levels.
- If you have diabetes, you usually want a **blood sugar 80-130 mg/dl fasting** and **less than 180 mg/dl 2 hours after a meal.**
- You should talk to your doctor about a good blood sugar range for you.
- The higher your blood sugar, the higher risk you have for heart disease.
- Adults with diabetes are 2 to 4 times more likely to have heart disease.

Managing Diabetes:

- Take your medications exactly how the doctor prescribes them.
- Check your blood sugar at home.
- Have your A1C checked regularly by your doctor.
- Watch carbohydrates in your diet.
- Exercise to lower blood sugar.

For more information, contact the **Diabetes and Nutrition Center (334) 528-6800.**



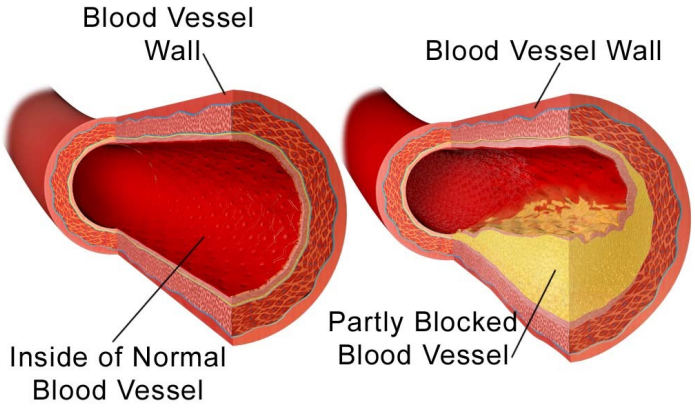
Carbohydrates:

- Carbohydrates, or carbs, break down into sugars in the body.
- Eating too many carbs can make your blood sugar too high.
- Most women need 3 carbohydrate servings (45 grams) each meal. Most men need 4 carbohydrate servings (60 grams) each meal.

High Cholesterol

Cholesterol goals:

- **Cholesterol** less than 200 mg/dl
- **HDL** more than 40 mg/dl for men or 50 mg/dL for women
- **LDL** less than 100 mg/dl
- **Triglycerides** less than 150 mg/dl



Normal and Partly Blocked Blood Vessel

- High cholesterol causes the build-up of plaque in the arteries and puts you at a higher risk for heart disease.
- Extra **total cholesterol** builds up in the arteries as plaque.
- **HDL** is good cholesterol because it helps lower the risk of heart attack.
- **LDL** carries harmful cholesterol in the blood and you want it low.
- **Triglycerides** are stored as fat in our body and it builds up in the arteries.

What should I eat?

Eats foods in all food groups including fruits, vegetables, whole grains and protein. Examples are:

- Lean meat without skin like chicken or fish
- Nuts, seeds, and legumes
- Whole grain breads and cereal
- Olive oil and canola oil
- Foods that are baked, broiled, grilled, sautéed, or stir fried
- Low fat dairy products

What should I limit?

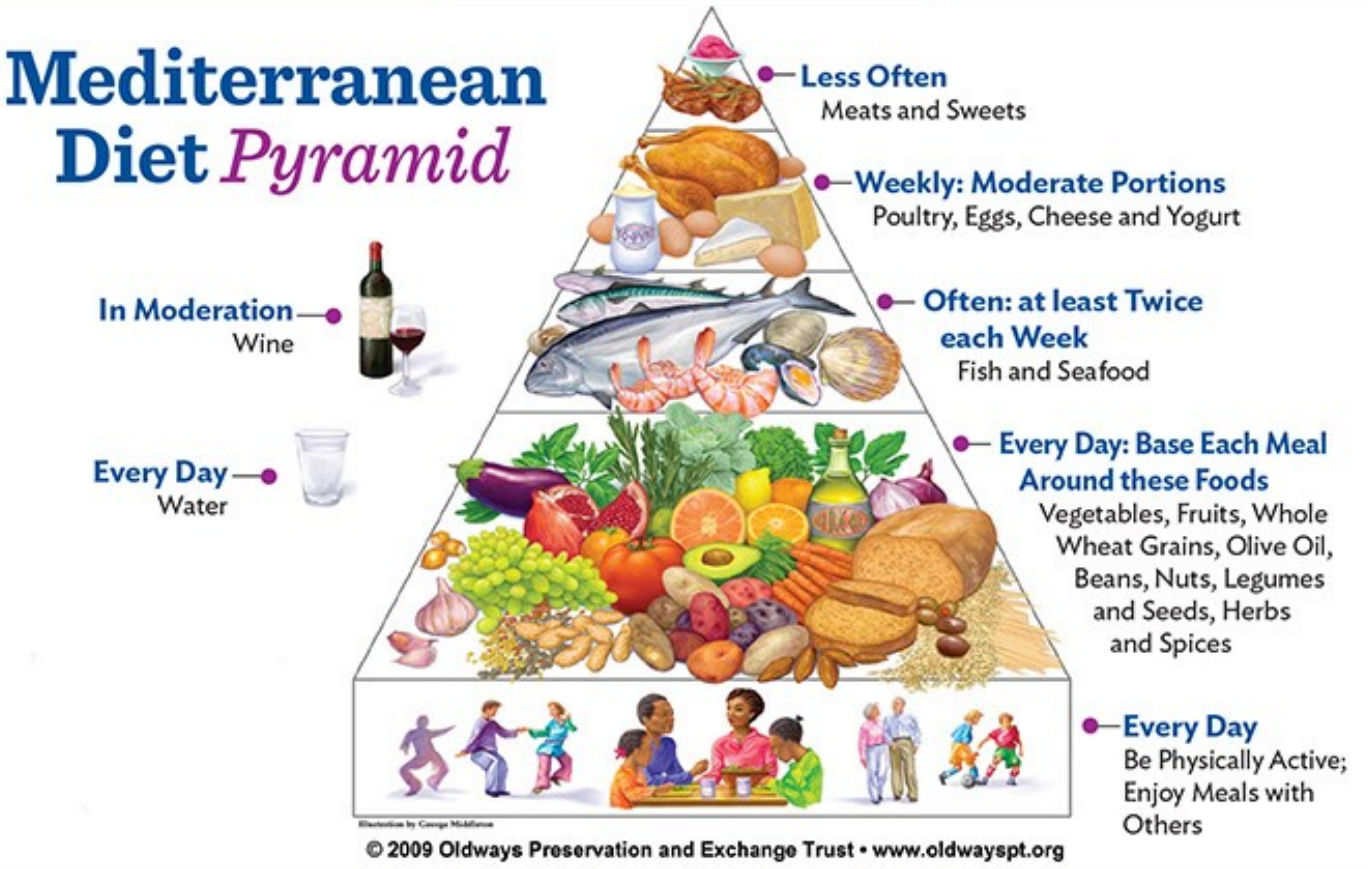
Limit saturated fats, trans fats and added sugars by eating less:

- Fried foods
- Red meat
- High fat processed meats like sausage, hot dogs, bacon, and bologna
- Solid fats like shortening, lard, and partially hydrogenated oils
- Whole milk and ice cream
- Sugary foods and drinks

Heart-Healthy Food Tips

Eating heart-healthy meals means consuming less cholesterol, fat, sodium and cutting back on sugary drinks and food.

- Consuming more fruits, vegetables, and whole grains.
- Minimize bad fats such as saturated and trans fats.
- Eat no more than 6 oz. of poultry, fish, or lean meat per day. Also, consume 3.5 oz. of oily fish twice a week (salmon, tuna, trout).
- Choose from lean meats (loin cuts, round or lowest percentage of fat in ground meat).
- When cooking, you should either bake, broil, poach, steam, or stir fry (using low-sodium broth). Minimize the amount of oil used from 1-2 tsp per meal of a mono– or polyunsaturated oil (canola, olive, peanut, safflower, flax, sunflower).
- Try to avoid hard margarine, butter and lard.
- Use fat-free, 1% and low-fat dairy products (milk, cheese, and frozen desserts).
- Try to avoid eating more than 2300 mg of sodium per day. Avoid pre-packaged/processed food and fast foods.



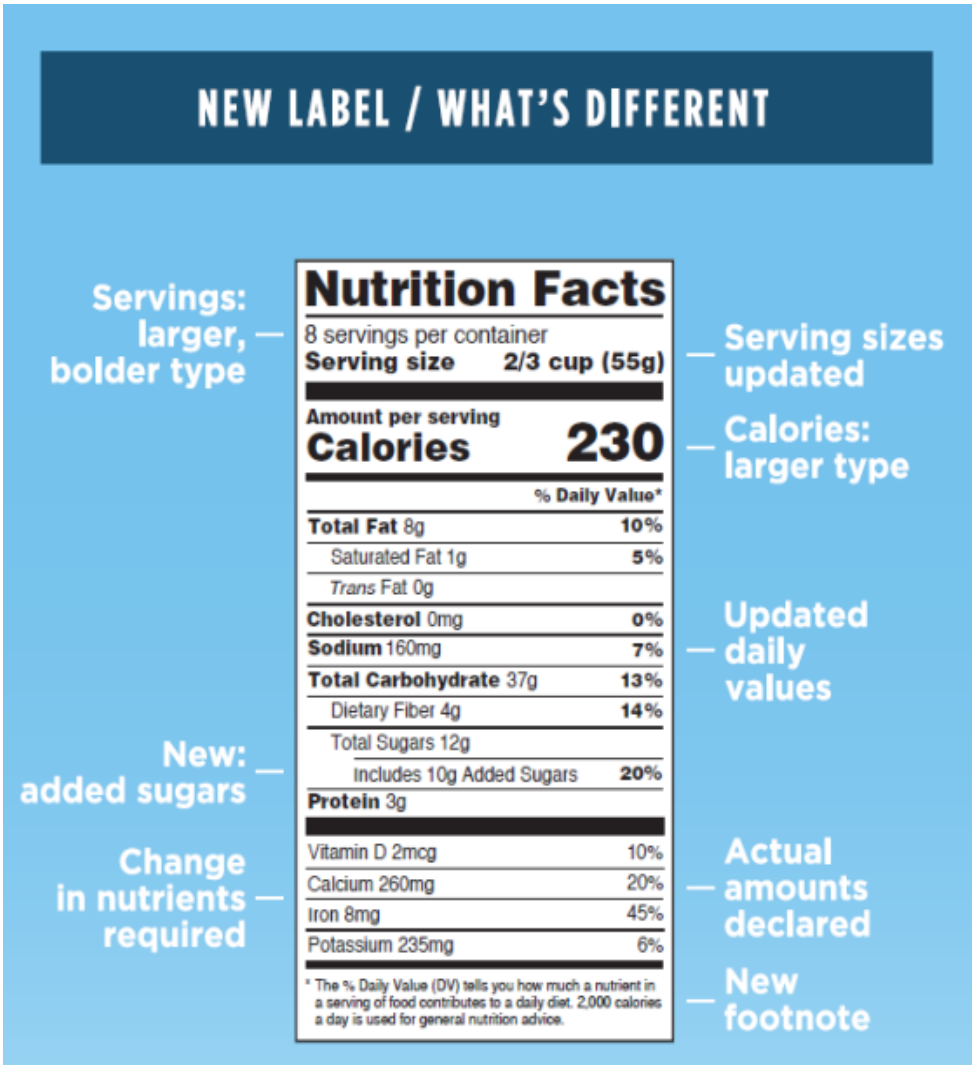
Salt

Salt makes your body hold on to water which can raise your blood pressure.

A person with heart disease should eat no more than **2300 mg** of sodium daily.

Sodium: 1 teaspoon equals 2300mg

Use lemon juice, vinegar, Mrs. Dash seasoning, onion, garlic, or herbs instead of salt.



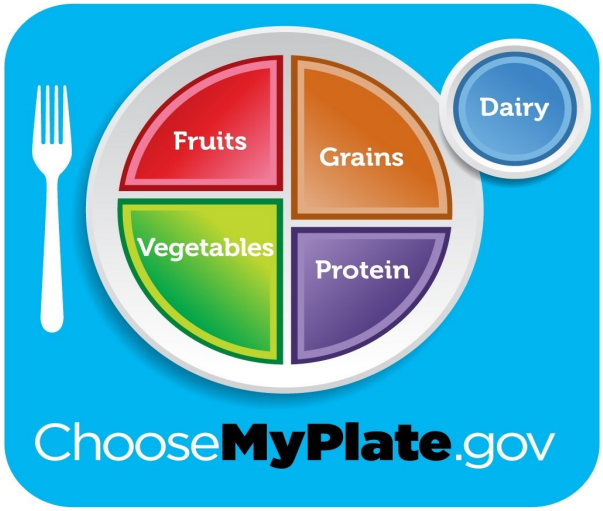
<u>Foods High in Sodium:</u>

- Tomato based soups, sauce, and drinks (V8)
- Canned soups, vegetables, poultry and cheese
- Frozen dinners, sliced deli meats, snack foods, bread/rolls and pasta
- Pre –packaged items such as potatoes and rice
- Many "fast foods"

Six Steps for Using Less Salt:

1. Take the salt shaker off the table.
2. Cook without adding salt.
3. Eat fewer meals at restaurants.
4. When dining out, ask for your meal to be prepared without added salt. Avoid "MSG."
5. Eat less canned goods, lunch meat and cheese.
6. Know the major sources of sodium.
7. Learn to read food labels. Look at serving size.

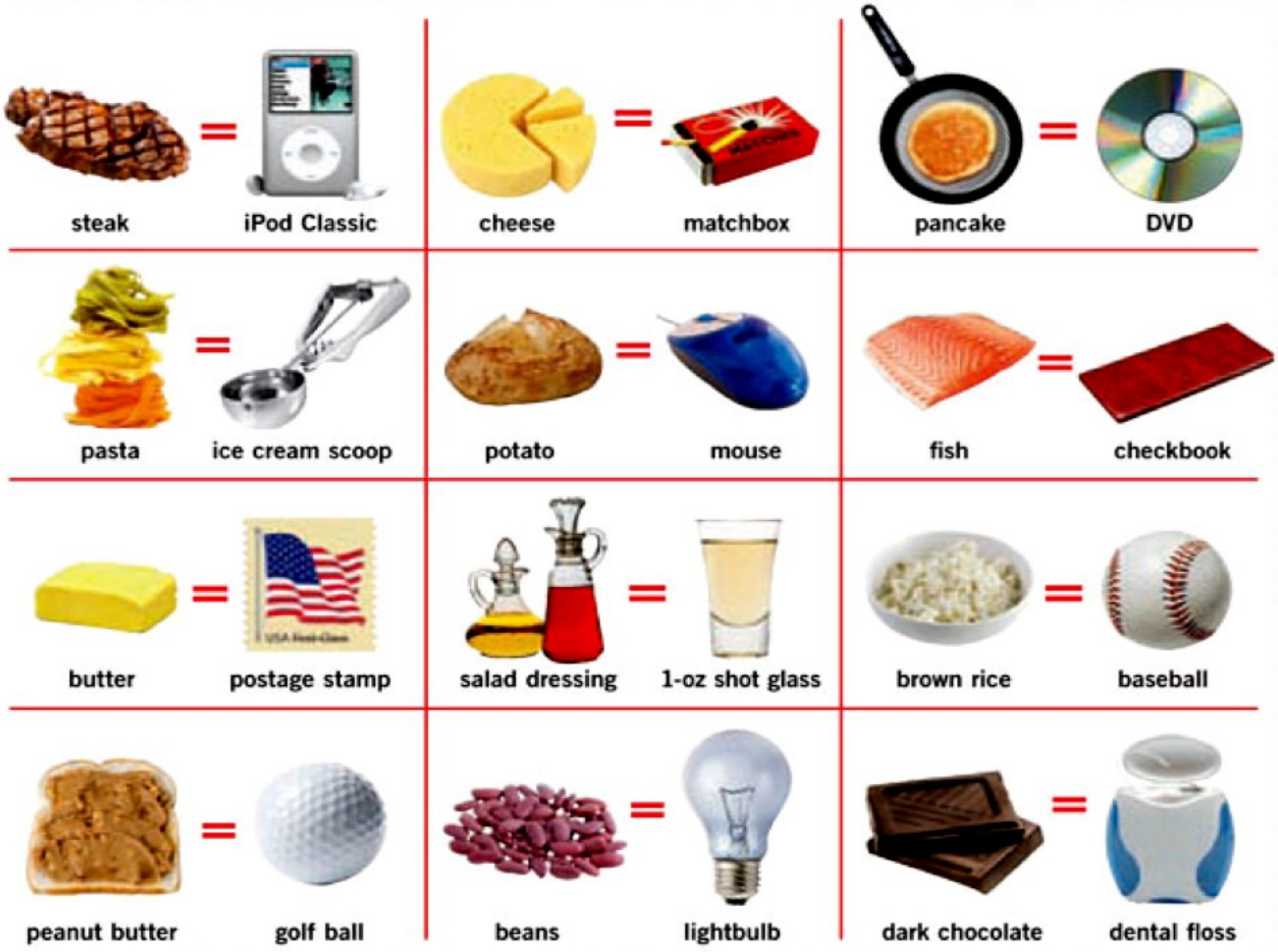
Serving Sizes



- One simple way to lose weight is to watch your serving sizes.
- When you fix your plate, only eat what fits on it and do not eat seconds.
- At restaurants, ask for a to-go box when they bring your food and put some in it to keep from eating too much.

SIZE IT RIGHT

A guide (based on standards that most nutritionists follow) to what one serving should look like.



Exercise

- **Please use caution in the 1st week after leaving the hospital.**
- Let your doctor know you are starting an exercise program. Talk with your doctor about when certain exercises are acceptable to begin, such as strength training.
- The American Heart Association recommends **150 minutes of physical activity a week** or **30 minutes most days of the week .**
- Remember time adds up so if you do not have 30 minutes at one time, **break it up into shorter time frames, especially if you are new to exercise!** For example three, 10 minute walks a day.
- Start with a small goal for increasing your activity and then build on it gradually to reach the recommended amount.
- Types of cardiovascular exercise are: walking, riding a bike, dancing, swimming, going to a gym, climbing stairs and more.

Benefits of exercise:

- Reduces risk of heart disease
- Lowers blood pressure
- Lowers blood sugar
- Improves cholesterol levels
- Reduces risk of cancer
- Weight loss
- Prevents bone loss
- Improves quality of life and self image
- Decreases anxiety and depression
- Increases energy
- Helps manage stress

Local Places to Exercise:

- **Gyms:** Opelika Sportsplex, Frank Brown Rec Center, Boykin Community Gym, Max Fitness, Anytime Fitness, Crunch!, etc.
- **Parks and other places:** Town Creek Park, Kiesel Park and Chewacla State Park, Southern Union Track, Auburn Coliseum, your neighborhood and schools

Home Walking Program

Use this sheet to help you start a walking program. You will start with a slow pace walk. Each week, you will build up the time. Week 4 you will start doing a slow walk warm up, then a brisk walk, then cool down with a slow walk. You can start at any week. Talk to your doctor about where to start.

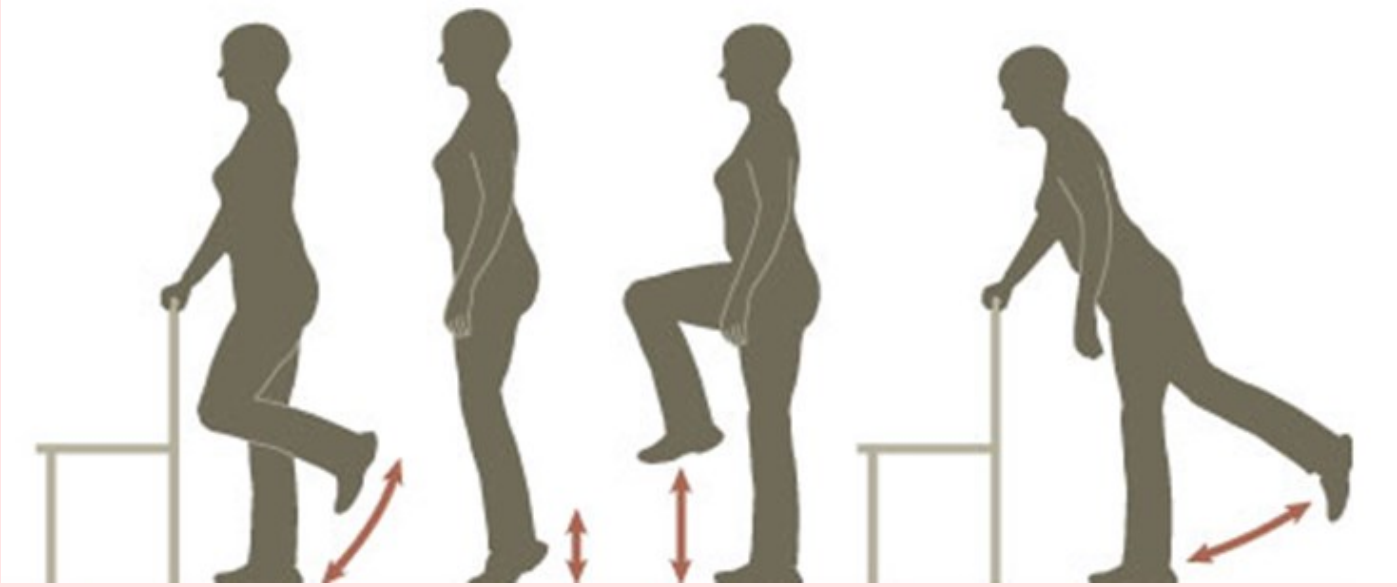
Week	Slow Walk	Brisk Walk	Slow Walk	Times a Day	Total Time
1	5 minutes			4	20 minutes
2	10 minutes			3	30 minutes
3	15 minutes			2	30 minutes
4	5 minutes	10 minutes	5 minutes	1	20 minutes
5	5 minutes	15 minutes	5 minutes	1	25 minutes
6	5 minutes	20 minutes	5 minutes	1	30 minutes
7	5 minutes	25 minutes	5 minutes	1	35 minutes
8	5 minutes	30 minutes	5 minutes	1	40 minutes
9	5 minutes	35 minutes	5 minutes	1	45 minutes
10	5 minutes	40 minutes	5 minutes	1	50 minutes
11	5 minutes	45 minutes	5 minutes	1	55 minutes
12	5 minutes	50 minutes	5 minutes	1	60 minutes

More Kinds of Exercise

- Remember, safety comes first! If you are exercising and something hurts, stop doing it.
- If you are not sure you should do these exercises, talk to your doctor about what is safe for you.
- There are many kinds of exercise: cardiovascular, balance training, strength training, and stretching. All are important to do.
- How you breathe while exercising is important for your blood pressure. Breathe out as you push or pull and breathe in as you relax.
- For example: During an arm curl, breath out as you lift the weight and breath in as you lower the weight.

Balance Training Exercise:

- Balance training exercise improves your balance and helps you not fall.
- Do the exercises below 2-3 days a week .
- Do each exercise 2-3 times on each side.
- Use a chair to help steady yourself.



Strength Training Exercise

- These exercises will help you be stronger and have more muscle.
- A set is doing an exercise 8-15 times. Start doing an exercise 6 times in a row and build up to 15 times. Once you can do it 15 times easily, you need to add more weight. Do each exercise 2 sets, 2 days a week.
- At the end of each set, the weight should feel between heavy and really heavy. If you cannot lift or push a weight 8 times in a row, it is too heavy for you.

You can use:

Weights

Canned goods

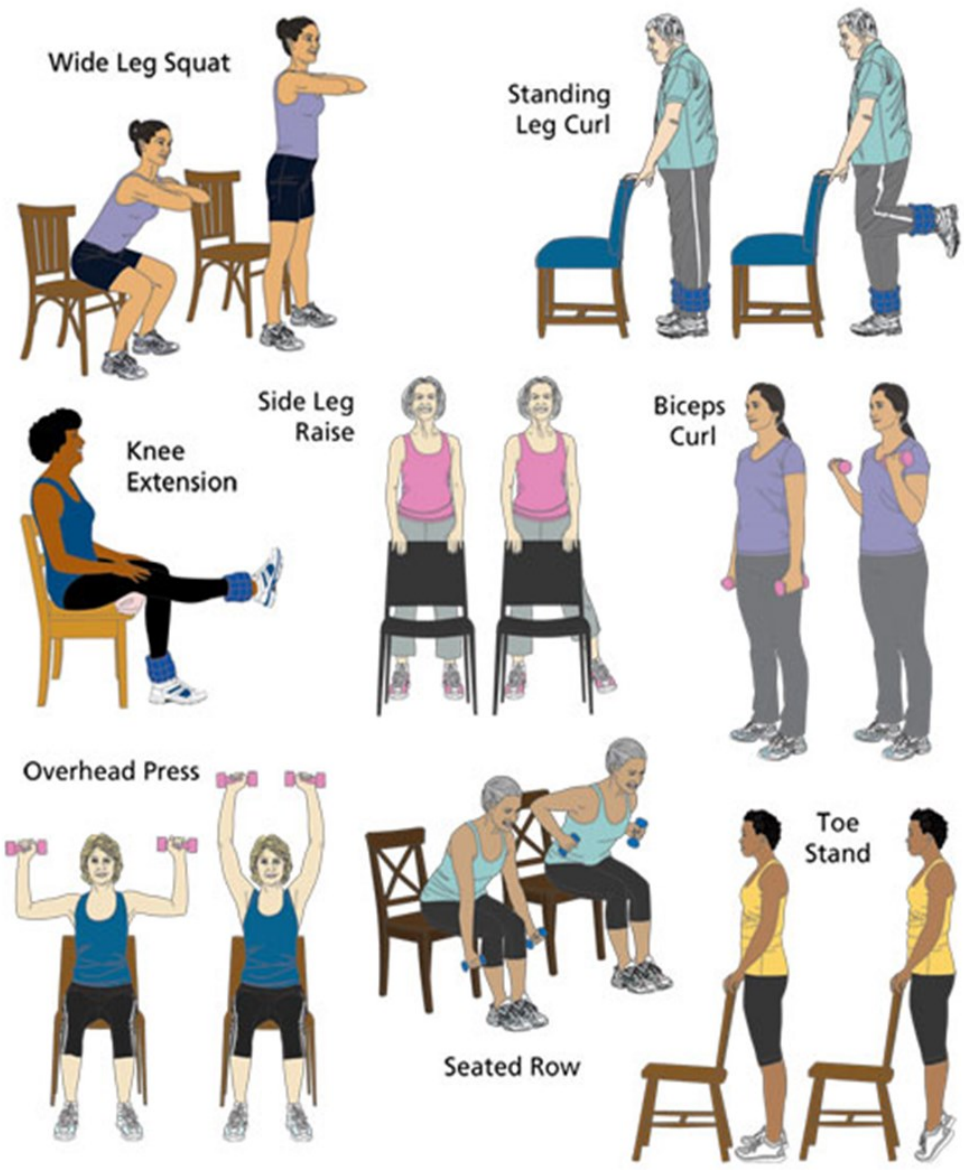
Resistance bands

Bottles

Books

Go to a gym

This picture shows some examples of different strength training exercises you can try. It is important to work both your arms and your legs.



Stretching Exercise

- These exercises help lengthen your muscle and keep you from being sore. It can also make daily tasks easier.
- Stretch until you feel a mild pulling, then stop and hold it. Do not bounce during the stretch.
- Pick 3-5 stretches to do for each part of the body.
- Do each stretch 3-5 times.
- Hold the stretch for 10-30 seconds.

Spine

Hips

& legs

Shoulders

Talking to Your Doctor

My next doctor's appointment is

With: _____

On: ___/____/_____ **At:** __:____

Reason: _____

_____

Questions: _____

_____

- Make sure you take a list of your questions and review each one with the doctor. This will help you remember to ask everything.
- Your doctor only knows if something is bothering you if you tell them, so speak up about any problems.
- Make sure you talk to the doctor before stopping any medications.
- If you are not sure about what you need to do, ask questions. See the "ask me three" picture below for good questions to ask.
- It is a good idea to repeat what you heard to make sure you understand.
- Bring all your medications or a current list of all of your medications to your appointment with you.

What is Your Next Step?

Now that you know about the risk factors for heart disease, it is time to make a plan. Only you can make the lifestyle changes needed to improve your health. Use this tool below to help you find a place to start.

I choose to:	**This is my plan:**
☐ Manage my stress better	☐ Identify what stresses me out ☐ Pick an emergency stress stopper ☐ Practice a stress management technique
☐ Quit using tobacco	☐ Pick a quit date ___/___/_____ ☐ Pick a quit method ☐ Start cutting down today
☐ Improve my blood pressure	☐ Take my blood pressure medication ☐ Lower the salt in my diet ☐ Check my blood pressure regularly
☐ Have a healthier weight	☐ Eat smaller serving sizes ☐ Keep track of what I eat with a food diary ☐ Be more physically active
☐ Manage my diabetes	☐ Check my blood sugar regularly ☐ Take all of my diabetes medications
☐ Improve my cholesterol	☐ Eat more fruits and vegetables ☐ Exercise regularly ☐ Take medications how the doctor tells me
☐ Be more physically active	☐ Make a regular plan for exercise

East Alabama Health