

Living With Coronary Artery Disease: Your Heart-Healthy Guide

Medical-Surgical · Cardiovascular

Coronary artery disease means fatty buildup narrows the blood vessels that feed your heart. Healthy daily habits and your medicines slow this buildup and protect your heart.

Stop smoking

- Stop smoking and vaping. Stay away from other people's smoke.
- Ask your care team about medicines and programs that help you quit.

Know your numbers

- Blood pressure goal: below 130/80 mm Hg, or _____.
- LDL (bad cholesterol) goal: _____.
- If you have diabetes, your A1C goal: _____.

Eat for your heart

- Fill your plate with vegetables, fruit, whole grains, beans, nuts, and fish.
- Cook with olive oil instead of butter. Limit fatty red meat and full-fat cheese.
- Keep sodium below 2,300 mg a day, or _____ mg.

Move every day

- Aim for 150 minutes a week, such as a 30-minute brisk walk 5 days a week.
- Ask your provider before you start a new exercise plan.
- Work toward a healthy weight. Get a flu shot every year.

Take your medicines

- Take your statin (cholesterol pill) every day, even when you feel well.
- Keep taking it when your cholesterol improves.
- Take aspirin only if your provider tells you to.

Call your provider today if you have

- Muscle pain, soreness, or weakness you cannot explain
- Dark, tea-colored urine
- Blood pressure or blood sugar often above your goal

Call 911 or your local emergency number if you have

- Chest pain, pressure, or squeezing that lasts more than a few minutes or comes back
- Pain in your arm, back, neck, or jaw, with sweating, nausea, or shortness of breath
- New chest pain, chest pain at rest, or pain that feels different from usual
- Fainting
- **Do not drive yourself to the hospital.**

This handout supports, not replaces, advice from your own nurse or doctor.

Online: nclexpace.com/patient-education/coronary-artery-disease-heart-healthy/patient

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