

CARDIAC CARE

High Blood Pressure

- Blood pressure **of less than 120 over 80** is considered the desired goal for adults. A blood pressure reading equal to or higher than 140 over 90 is considered high.
- Blood pressure medications should be taken as directed by your doctor.
- Keep taking blood pressure medication prescribed by your doctor.

High Cholesterol

- Cholesterol target: **TOTAL <200**
- Your body makes all the cholesterol it needs.
- The saturated fats, trans-fats and cholesterol you eat can raise your blood cholesterol level.
- The good news, you can take steps to control your cholesterol.

Healthy Heart



Healthy You

Always discuss your medications, exercise and other living activities with your doctor.

DIABETES AND CARDIOVASCULAR DISEASE

- Keep taking your diabetes medicine.
- Check your feet daily for cuts, red spots, blisters, and swelling.
- Check your blood sugar levels 3 or 4 times a day or as instructed by your doctor.
- It is very important you pay attention to your diabetes health.
- When unsure, contact your doctor for medical direction.
- Limit your alcohol to one drink per day.

EATING HEALTHY

Eat at least **5** servings of fruits and vegetables a day.

Portion Size

Watch your portion size.

- Vegetables/Fruits – the size of your fist.
- Medium apple is the size of a baseball.
- Meat, fish, poultry – the size of a deck of cards.
- A single-serving bagel – the size of a hockey puck.
- Cheese – the size of a pair of dice.

Take action daily!
- Eat Healthy and Be Active -

Exercise. Let your daily exercise be fun. Invite others to join you.

Don't overdo it – Just chose to move!

