

# Guidelines

good health guidelines for  
people with cardiac disease



## LIPID PROFILE

A lipid profile is a lab test that measures the amount of certain fats and cholesterol in your blood. High lipid levels can lead to a heart attack or cause your heart disease to worsen. You should have a lipid profile at least once a year. The "bad" cholesterol (LDL) should be less than 100mg/dl, and triglycerides (also bad) should be less than 150 mg/dl. The "good" cholesterol (HDL) should be greater than 40 mg/dl. Talk to your doctor about helping you meet these goals.



## BLOOD PRESSURE

High blood pressure (hypertension) can lead to a heart attack, heart failure or kidney failure. Blood pressure lowering medications can help, but your dosage may need to be adjusted and lifestyle changes made to achieve the best results. The American Heart Association recommends blood pressures of less than 130/85 for people who have heart disease and less than 130/80 for people with diabetes. Make sure your blood pressure is checked at every health care provider office visit. Know your blood pressure and talk to your doctor about how to reach your blood pressure goals.



## SMOKING CESSATION

If you smoke, QUIT. Cigarette smoking is a strong risk factor for heart disease. As soon as you quit, your blood vessels begin to return to normal. Talk to your doctor about ways to help you QUIT.



## DIABETES SCREENING

Have your blood sugar checked at least once a year. Early detection and treatment of high blood sugars will help prevent complications associated with diabetes.



## MEDICATIONS

Several medications can help treat and prevent progression of heart disease in many people, especially those who have already had a heart attack or heart failure. Talk to your doctor about aspirin, beta blockers, ACE inhibitors and statins.

**Please take and discuss this information during your next doctor's appointment.**

**Complete the requested information located to the right and keep at home for your records.**

**Also, have this important information available if you have a scheduled phone call with one of our nurses.**

### Tests and Exams

Please check all that are complete.

#### Fasting Lipid Profile

- |  |            |              |
|--|------------|--------------|
| <input type="checkbox"/> Total Cholesterol         | Date _____ | Value _____  |
| <input type="checkbox"/> HDL (good cholesterol)    | Date _____ | Value _____  |
| <input type="checkbox"/> LDL (bad cholesterol)     | Date _____ | Value _____  |
| <input type="checkbox"/> Triglycerides             | Date _____ | Value _____  |
| <input type="checkbox"/> Blood Pressure Monitoring | Date _____ | Result _____ |
| <input type="checkbox"/> Diabetes Screening        | Date _____ | Result _____ |

Reviewed and approved\* by  
 **JOHNS HOPKINS**

*A committee of Johns Hopkins faculty and professional staff have reviewed these materials and found them to be appropriate for use by primary care physicians, other health professionals and patients. Johns Hopkins acted independently of and received compensation from American Healthways for this review. Johns Hopkins bears no responsibility for clinical outcomes that result from applying these guidelines.*