

ABC's of Heart Smart Living Checklist & Partner in Prevention Contract

National guidelines have been established to help persons without cardiovascular disease prevent it from occurring. The following checklist is based on those recommendations. Discuss with your doctor what therapy is appropriate for you.

A is for:

Alcohol

Limit alcohol intake to ≤ 1 drink per day for women and ≤ 2 drinks per day for men.

Aspirin

Individuals at intermediate risk of heart disease may benefit from taking aspirin (75-162 mg), unless contraindicated or not tolerated.

Avoid

Avoid regular use of ibuprofen, which may limit the cardioprotective effect of aspirin.

B is for:

Blood Pressure

Maintain a blood pressure $< 140/90$ mm Hg ($< 130/80$ mm Hg if diabetic or with kidney disease) and, ideally, achieve a blood pressure $< 120/80$ mm Hg.

Body Weight

Maintain a body mass index (BMI) between 18.5-24.9 kg/m^2 and a waist circumference of < 35 inches (women) or < 40 inches (men).

C is for:

Cessation of Cigarette Smoking

- If you smoke, stop smoking completely.
- Avoid environmental tobacco smoke.

Cholesterol

Maintain your:

- Total Cholesterol < 200 mg/dL
- LDL < 100 mg/dL
- HDL > 50 mg/dL (women), > 40 mg/dL (men)
- TG < 150 mg/dL

This resource provides brief, general information about this health care topic. It does not take the place of the instructions you receive from your health care providers. Discuss the risks and benefits of therapies with your doctor and always take medication as prescribed. For answers to other questions talk to your health care provider.

For more information or a referral, please call the NewYork-Presbyterian Hospital Preventive Cardiology Program at (212) 305-4866 or visit our website at: <http://www.hearthealthtimes.com>.



D is for:

Depression

Watch for signs of depression and get treatment if indicated.

Diabetes

Maintain a HbA1C < 7% and a fasting glucose < 100 mg/dL (or non-fasting glucose < 140 mg/dL).

Note: Those with diabetes should refer to the checklist for patients with heart disease and diabetes.

Diet

The goals include:

- < 10% calories from saturated fat/day
- < 30% calories from total fat/day
- < 300 mg/d cholesterol
- \geq 5 servings of fruits/vegetables per day
- Sodium intake < 2,400 mg/day
- Fiber intake \geq 20 grams/day
- \geq 2 servings of fish/week

E is for:

Exercise

Achieve a minimum of 30 minutes of moderate-intensity aerobic exercise (i.e., brisk walking) on most, preferably all, days of the week.

Exclude

- Antioxidant vitamin supplements
- Hormone replacement therapy in post-menopausal women
- Routine use of aspirin among low-risk women

Personal Contract for Heart Smart Living

I promise to make an effort to live heart smart. I will start by taking a small step and choosing a specific behavior (such as those reviewed in this checklist) to work on that will improve my heart health.

My goal is to _____.

I will achieve my goal by ___/___/___ (choose a date by which you want the goal met).

When I meet my goal, I will give myself a reward that is healthy, positive, and makes me feel good.

When I _____, my reward will be _____.

Your Signature

Date

Signature of Your Partner in Prevention*

Date

**A partner in prevention is someone (family member/friend) who will support your efforts to living heart smart.*

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