

Heart Disease Self-Management Plan

Name _____

Date _____

Do not smoke; avoid secondhand smoke.

Every day: ☐ Weigh yourself first thing in the morning.

☐ Take your medications.

☐ Eat low-sodium foods.

Green Zone: All Clear



What this could mean:

- If you have:
- ✓ No shortness of breath.
 - ✓ No chest pain or chest tightness.
 - ✓ No weakness.
 - ✓ Blood pressure less 140/90 (or as directed by your physician).
 - ✓ Ability to do daily activities.

- ✓ Your symptoms are under control.
- ✓ Continue to take your medications as ordered.
- ✓ Follow your meal plan.
- ✓ Keep all medical appointments.

Yellow Zone: Caution



What this could mean:

- If you have **any** of the following:
- ✓ Chest pain or chest tightness.
 - ✓ Shortness of breath.
 - ✓ Swelling of your feet, ankles, legs, or stomach.
 - ✓ Fatigue or lack of energy.
 - ✓ Dizziness.
 - ✓ An uneasy feeling—you know something is not right.
 - ✓ Difficulty breathing when lying down or you sleep sitting up with more pillows than usual.

If you notice a Yellow Zone Caution, work closely with your healthcare team.

*Call your doctor **and** your cardiologist.*

Doctor: _____

Phone: _____

Instructions: _____

Cardiologist: _____

Phone: _____

Instructions: _____

Red Zone: Medical Alert! Stop and Think



What this could mean:

- If you:
- ✓ Are struggling to breathe or have unrelieved shortness of breath.
 - ✓ Have chest pain or heaviness.
 - ✓ Take nitroglycerin as prescribed by your doctor for chest pain or heaviness.
 - ✓ Have confusion or can't think clearly.

- ✓ ***You need to be evaluated by a healthcare professional immediately.***
- ✓ ***Call 9-1-1.***
- ✓ ***Notify your doctor's office.***

Source: American Heart Association. www.heart.org

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