

Managing my heart health At a glance

Name: _____

General Practitioner

Name: _____ Phone: _____

Address: _____

Other: _____

Cardiologist

Name: _____ Phone: _____

Address: _____

Other: _____

My significant heart health history

Record events here e.g. heart attack, bypass surgery, admission to hospital

Date	Event



**Heart
Foundation**

For more information, visit www.heartfoundation.org.au

Need to talk to a heart health professional?

Call us on **1300 36 27 87**.

FOLD HERE



My Medical Risk Factors at a Glance

Ask your doctor or health professional how often your individual medical risk factors should be checked. Ask for these results, record and monitor your progress in the table below. **(Note:** < = less than, > = greater than, and ≥ greater than or equal to). The pages below refer to the booklet *Managing my heart health – a resource for people with or at high risk of coronary heart disease*.

Risk factor	Heart Foundation goal	My levels							
Cholesterol	Maintain a healthy blood cholesterol level (pages 28–31)	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
LDL-C	< 2.0 mmol/L for people with coronary heart disease < 2.5 mmol/L for others at high risk								
HDL-C	> 1.0 mmol/L								
Triglycerides	< 1.5 mmol/L								
Total cholesterol	Aim for an LDL-C goal rather than a total cholesterol goal								
Blood pressure	Maintain a healthy blood pressure (pages 32–35)	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Adults ≥ 65 years: < 140/90 mmHg Adults < 65 years: < 130/85 mmHg*								
Diabetes	Maintain optimal blood sugar levels (pages 36–39)	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
HbA _{1c}	Less than or equal to 7%								
Psychosocial	Maintain psychological and social health (pages 40–43)	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Depression	Self-monitor for depression**								
Social support	Monitor levels of social support***								

*Adults with diabetes or kidney problems see page 32. **Write D and consult your doctor or health professional if you feel you are depressed.

***Write X and seek help if you feel you have inadequate social support from family and friends.

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My Lifestyle Factors at a Glance

This table is designed to enable you to monitor and keep a monthly record of your progress to heart health over a one-year period. Regular review helps to keep you on track. Write down your start date under 'Month 1' and monitor and record your monthly progress as per the instructions column. The pages below refer to the booklet *Managing my heart health – a resource for people with or at high risk of coronary heart disease*.

Lifestyle factors	Heart Foundation goal	Instructions	Month											
			1	2	3	4	5	6	7	8	9	10	11	12
Smoking (pages 8–11)														
Active smoking	Quit smoking	Non-smoker, write NS ; current smoker, write number smoked/day (or each week, if irregular smoker)												
Passive smoking	Avoid second-hand smoke	Not exposed to second-hand smoke, write N/E ; exposed to second-hand smoke, write where e.g. Home , Work , or Social												
Nutrition (pages 12–15)														
Healthy eating	Enjoy healthy eating with reduced saturated fat intake	Write down the number of actions from page 14 that you have established and maintained												
Alcohol (pages 16–19)														
Number of standard drinks/day	Enjoy alcohol in moderation	Non-drinker, write N/D ; regular drinker, write number/day e.g. 2/d; irregular drinker, write number/week e.g. 3/w												
Physical activity (pages 20–23)														
Number of minutes/week in past month	At least 30 minutes of moderate physical activity on 5 or more days/week	Write number of minutes you have been moderately physically active each week in the past month												
Physical activity level	Enjoy a physically active lifestyle	Refer to page 20 to determine your physical activity level and write Sufficient S , Insufficient I , Sedentary (none) N												
Weight (pages 24–27)														
Weight (in kg)	Maintain healthy weight	Write your weight in kg												
Waist	Men < 94 cm Women < 80 cm	Write your waist measurement in cm												
BMI	BMI 18.5–24.9	Refer to page 25 to calculate your BMI												
BMI category		Refer to page 25 to determine risk category and write underweight U , normal range N , pre-obese PO , obese 1 O1 , obese II O2 or obese III O3												