

Keeping track of your heart health



Know your numbers — protect your heart

One way to protect your heart is to learn your goal numbers. You and your doctor may have decided on goal numbers for blood pressure, cholesterol, and other factors. Reaching and staying at your goal numbers may help keep your heart healthy.

- Use your Heart-Healthy Tracker to write down your goal numbers and test results
- Bring it with you when you visit your doctor
- Use it to set goal numbers with your doctor
- Track your progress over time

Heart-Healthy Tracker

What you need to have checked	Suggested goal numbers	Your personal goal numbers	Your results	Your results
<ul style="list-style-type: none"> • Blood pressure If you <i>do not have</i> diabetes: 	Less than 140/90 mmHg	(Systolic/Diastolic) ____ / ____	Date: _____ ____ / ____	Date: _____ ____ / ____
<ul style="list-style-type: none"> • LDL cholesterol ("bad" cholesterol) 	Less than 100 mg/dL	_____	Date: _____ _____	Date: _____ _____
<ul style="list-style-type: none"> • HDL cholesterol ("good" cholesterol) 	More than 40 mg/dL	_____	Date: _____ _____	Date: _____ _____
<ul style="list-style-type: none"> • Triglycerides (a kind of fat in the blood) 	Less than 150 mg/dL	_____	Date: _____ _____	Date: _____ _____
For people with diabetes:				
<ul style="list-style-type: none"> • Blood pressure 	Less than 130/80 mmHg	(Systolic/Diastolic) ____ / ____	Date: _____ ____ / ____	Date: _____ ____ / ____
<ul style="list-style-type: none"> • A1C 	Less than 7%	_____	Date: _____ _____	Date: _____ _____

Your doctor can help you meet your goals

Ask your doctor about changes you can make. These may include diet or being more active.

This material was developed by GlaxoSmithKline.



managing with heart™

Getting the most from your doctor visits



Here are some hints to help you get the most out of each doctor visit.

Write down your questions

Before a doctor visit, write down questions for your doctor. Bring the list with you to your visit. Take notes about what you discuss. Also, think about bringing someone with you to your visit. This person can help you ask questions or take notes.

Discuss your treatment plan

Your treatment plan includes all of the things you need to do to take care of your heart health. This includes your plan for diet and fitness. This plan may include taking medicines for heart problems. You may also take medicines for other health problems, such as diabetes. It is a good idea to talk with your doctor about your treatment plan at every visit.

Be open and honest with your doctor

Talk with your doctor about the medicines you take and how you take them. Let the doctor know what you eat and how active you are. It may help to write these things down first. Then, share your notes with the doctor. Tell your doctor about any concerns you have with your current treatment plan.

During your doctor visit, go over your treatment plan and ask any questions you may have.

Review your medicines as part of your doctor visit

Bring all your medicines in a bag to the doctor's office, including:

- Prescription medicines
- Over-the-counter medicines (such as anything you take for pain, sleep, colds, or headaches)
- Vitamins and nutritional supplements
- Herbal medicines
- Eye drops
- Inhalers (medicines you use for asthma or allergies)

For each medicine, talk with your doctor and take notes about:

- Why you take it
- When you take it
- How you take it (for example, with meals or on an empty stomach)
- How it may make you feel
- Whether it is OK to take it with your other medicines, including medicines you take for pain, colds, headaches, and more
- Any trouble you are having with taking it as directed

HIGH BLOOD PRESSURE



HIGH BLOOD PRESSURE

puts you at risk for heart attack, stroke, and other health problems. Work with your doctor to **keep your blood pressure under control**. This may help you avoid problems later.

For treatment information, lifestyle tips, patient interviews, and more, visit:

www.1on1health.com





Learn About High Blood Pressure

If you have high blood pressure, you may feel fine. But **high blood pressure is serious. It's called a "silent killer."** It puts you at greater risk for health problems.

Blood pressure is the force of blood against artery walls. Arteries are one type of blood vessel. They carry blood from the heart to the body.

Blood pressure goes up and down through the day. **When it stays up over time, it's called high blood pressure.** It's also called hypertension (HI-per-ten-shen).

High blood pressure dangers

High blood pressure makes the heart work harder. This can lead to:

- Heart attack
- Heart failure
- Stroke
- Kidney disease
- Other health problems

Work with your doctor to manage high blood pressure. You may need to make lifestyle changes. You may need drugs, too. You'll learn about dealing with high blood pressure in this booklet.

1ON1 WITH PATIENTS



Karen took high blood pressure seriously when she heard it was "a silent killer." Hear more from Karen and other patients at www.1on1health.com.

Know Your Numbers

Blood pressure is made up of two numbers:

120	→	The force of blood when the heart beats
80	→	The force of blood when the heart relaxes
120/80	→	Your doctor will say 120 over 80.

Your doctor will want to know both numbers. Both are important.

If your pressure is:	Then:
Less than 120/80	Your blood pressure is normal.
Between 120/80 and 139/89	You're at risk for high blood pressure. Lifestyle changes may help. Your doctor will work with you to set your blood pressure goals.
140/90 and above	Your blood pressure is high.

Your doctor may want you to check your blood pressure yourself. If so, write down your numbers each time. Share them with your doctor.

LOOK, LISTEN & LEARN™



Visit www.1on1health.com to see how to check your blood pressure.

Get more at www.1on1health.com



Treating High Blood Pressure

Treatment for high blood pressure depends on how high it is and if you have other health problems.

Lifestyle changes may help lower high blood pressure. Your doctor may tell you to:

- Eat well.
- Lose weight.
- Cut down on salt.
- Exercise.
- Stop smoking.

You can read more about lifestyle changes later in this booklet.

Your doctor may prescribe one or more drugs if lifestyle changes don't work.

Types of medicines

Several kinds of drugs help lower blood pressure. There are treatments that...

Reduce fluid

These drugs help get rid of extra fluids and sodium, which helps your blood pressure go down.

Act on your heart rate

These drugs block chemicals that make the heart beat faster. They help the heart to beat more slowly and with less force. This causes blood pressure to fall.

Help blood flow more freely

Some drugs expand blood vessels. They also help your heart and blood vessels overall. They can help protect the kidneys if you have diabetes, too.

Block calcium from the heart

These drugs block calcium from the heart and blood vessel muscle cells. Calcium makes these muscles squeeze shut. When calcium is blocked, these muscles don't squeeze as much. Blood vessels relax, so the heart gets more blood and oxygen. This helps lower blood pressure.

You may need to **stay on medicine long term** to control your blood pressure. Don't stop taking your medicine because you feel fine.

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Visit www.1on1health.com to hear Renee explain how her doctor calmed her fears about high blood pressure.



Take Your Medicine

Your doctor may prescribe more than one drug for your blood pressure. If so, **make a schedule**. Your doctor, nurse, or pharmacist can help you.

Keep the schedule handy. Put copies where you're likely to be when it's time for your medicine. Place one near the TV, on your desk, or in the kitchen. Give copies to friends and family.

Other medicine tips:

- **Make medicine part of your daily routine** (when you brush your teeth or watch the news).
- **Set an alarm clock or timer** to ring when it's time to take your medicine.
- **Use a pillbox** with sections for different times of the day. Some pillboxes have an alarm clock.
- Don't run out of medicine. **Mark your calendar** a week before it's time for refills.

LOOK, LISTEN & LEARN™



If you take more than one medicine, it helps to make a schedule.

Make Lifestyle Changes

If you change your routine and take medicines as prescribed, you can make a difference in your health. **Even small changes can help.**

How to help yourself

- **If your doctor tells you to lose weight, try to do it.** Losing just 10 pounds can help lower your blood pressure.
- **Shake the salt habit.** Too much salt isn't good for anyone. You may need to eat a low-salt or low-sodium diet to help control your blood pressure.
- **Eat right.** This will help you stay at a healthy weight and help you feel better. What you eat affects your blood pressure.
- **Be active.** Exercise can help you keep to a healthy weight. Talk with your doctor before starting any exercise program.
- **Don't smoke.** If you do, try to quit. Ask your doctor about treatments that may help.
- **Avoid alcohol.** One to two drinks a day for men, or one a day for women don't seem to be harmful. But too much alcohol can raise blood pressure.
- **Reduce stress.** Stress makes high blood pressure harder to manage.

Taking care of yourself can help control your high blood pressure and **help prevent serious problems** later.



Lose Weight If Needed

Excess weight puts you at risk for health problems like:

- High blood pressure
- High cholesterol
- Heart disease
- Diabetes

How to win at weight loss

To lose weight, you need to burn more calories than you take in. You can do this by changing your diet, being more active, or both.

Quick diets and pills may help you lose weight fast at first. But you'll likely gain it back if you don't make lasting changes in how you eat.

Lose weight slowly. Aim for one-half to two pounds a week. Start **with a goal of losing 10% of your current weight.** So, if you weigh 200 pounds, aim to lose 20 pounds.

1ON1 WITH PATIENTS



Andy's family inspired him to work harder at weight loss. Visit www.1on1health.com for more information on how to eat right and lose weight.

Eat Well

Make healthy food choices. Eating right is a great way to take control of your health. It may help you feel better, too. Try to:

- **Cut salt from your diet.** This may help lower your blood pressure.
- **Eat more fresh fruits and vegetables.** Eat fewer fatty foods.
- **Get more fiber in your diet.** Good sources are fresh fruits, vegetables, and whole grains.

Eating the DASH way

Your doctor may suggest the DASH diet to help lower your blood pressure. It's a diet that is low in fats and sodium. It's also high in fruits, vegetables, and low-fat dairy products. The DASH plan has tasty, healthy menus.

The DASH eating plan has two versions. One allows more sodium than the other. Sodium is found in salt. Talk with your doctor about which plan to use.

The DASH plan may have more fruits, vegetables, and grains than you eat now. **Take time to get used to the diet.** Slowly add more of the foods on the menus. You'll soon be eating your way to lower blood pressure!

LOOK, LISTEN & LEARN™



Visit www.1on1health.com to see a week of sample DASH diet plan menus.

Get more at www.1on1health.com



Eat Well (cont.)

Get your minerals

Several minerals help control blood pressure. These include magnesium, potassium, and calcium. The DASH plan makes sure you get enough of them each day. Foods that have one or more of these minerals are:

- **Fruits**, like bananas, dates, grapes, oranges, melons, peaches, prunes, raisins, strawberries, and tangerines.
- **Vegetables**, like carrots, green peas, squash, broccoli, spinach, green beans, lima beans, and sweet potatoes. Eat them fresh, frozen, or canned with no salt added.
- **Nuts, seeds, and dried beans**, like almonds, hazelnuts, peanuts, walnuts, sunflower seeds, kidney beans, and lentils.
- **Lean, cooked meats**, like chicken and fish.
- **Fat-free and low-fat dairy foods**. Skim or low-fat (1%) milk, fat-free or low-fat buttermilk, yogurt (regular or frozen), and cheese.

Eating well will soon seem like second nature. You'll find that **it can taste good, too!**

Cut Back On Salt

Salt has sodium. Too much sodium can raise blood pressure.

Try these tips:

- **Throw out your salt shaker.** Don't use salt when cooking, baking, or eating.
- **Use pepper and salt-free spice blends.** Try flavored vinegars, lemon or lime juice, garlic, and fresh or dried herbs.
- **Avoid processed foods.** Many of the foods you buy have too much sodium. Prepared or processed foods from the grocery store are some of the main sources.
- **Read food labels** to see how much sodium is in each serving. Ask your doctor how much sodium to have each day.
- **Keep track of your sodium.** Write down how much is in each item you eat. You may be stunned to see how it adds up!



Don't give up on eating out. Visit www.1on1health.com to learn about smart choices you can make in restaurants.



Be Active

Being active can help control high blood pressure. It may make you feel better, too! Regular exercise can:

- Boost your energy and help you sleep better.
- Help you feel more upbeat and deal with stress.
- Help you lose weight.

Talk with your doctor about an exercise plan. He or she will tell you the exercise level that's right for you. Make sure you know the signs of a medical emergency and when to seek help.

What kind of exercise?

If you have high blood pressure, aerobic activities are usually the best. They help lower blood pressure. They make the heart stronger and help it work better. You can:

- Walk briskly
- Hike
- Jog
- Swim
- Climb stairs
- Bike

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Andy found that he liked to exercise in a pool. Find more exercise tips on www.1on1health.com.

Stop Smoking

Smoking can make high blood pressure worse. If you smoke, try to quit. If people in your home smoke, ask them to quit, too. If they can't, they should always smoke outside.

Talk with your doctor about ways to quit. This countdown* may help:

- **5 days before your quit date:** Think about your reasons to quit. Tell your friends and family you're quitting. Stop buying cigarettes.
- **4 days before:** See when and why you smoke. Come up with other things to hold in your hand besides a cigarette. Think of habits to change.
- **3 days before:** Plan how to spend the money you'll save when you stop buying cigarettes. Think of who you can call for support.
- **2 days before:** Buy a nicotine patch or nicotine gum. Or, see your doctor to get medicine to help you quit.
- **1 day before:** Put away lighters and ashtrays. Throw out cigarettes and matches. Clean your clothes to get rid of the smell of smoke.
- **Quit day:** Keep busy. Remind family and friends that this is your quit day. Stay away from alcohol. Give yourself a treat or do something special.
- **Smoke free:** Congratulations!

If you "slip" and have a smoke, don't give up. Set a new date to get back on track.

*From the US Surgeon General's Office.



Follow Your Action Plan

To manage high blood pressure, you have to **stick with your treatment**. This Action Plan can help. Take it with you on your next visit to your doctor.

Ask him or her to write down your goals for blood pressure, weight, and cholesterol. Then write down your actual numbers at each visit. If you're not at your goals, create a plan together to help you reach them.

Levels checked during office visits:

	GOAL	Date:	Date:	Date:
Blood pressure		_____	_____	_____
Weight				
Total cholesterol				
LDL cholesterol				
HDL cholesterol				
Triglycerides				
Other _____				

My Action Plan

Lifestyle Changes	Conditions/Medicines
<p>Diet goals:</p> <ul style="list-style-type: none"> — Reduce salt in diet — Reduce saturated fats and cholesterol in diet — Limit alcohol use — Eat more fiber — DASH diet <p>Weight-loss goals:</p> <ul style="list-style-type: none"> — Pounds lost in __ months <p>Other:</p> <ul style="list-style-type: none"> — Stop smoking — Increase physical activity 	<p>High blood pressure:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>High cholesterol:</p> <p>_____</p> <p>_____</p> <p>Other:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>



You Can Make A Difference!

No matter how high your blood pressure is, there are **things you can do to help manage it.**

You may have to try different treatments to find one that works best for you. You may also need to change your lifestyle.

It may take some time to get used to your new routine. **Be patient.** Keep in touch with your doctor during this time.

Change won't come overnight. But, with the right treatment, you can keep your blood pressure under control.

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Brought to you by:



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Move to Prevent and Control High Blood Pressure: Mission Possible

Easy ways to lower your risk through physical activity

30 minutes of physical activity each day can help

- If your blood pressure is moderately elevated, 30 minutes of brisk walking most days a week may be enough to keep you off medication.
- If you take medication for high blood pressure, 30 minutes of moderate physical activity can make your medication work more effectively and make you feel better.
- If you don't have high blood pressure, being physically active can help keep it that way. If you have normal blood pressure—but are not active—your chances of developing high blood pressure increase, especially as you get older or if you become overweight or obese or develop diabetes.



Getting started

Your physical activity program can be as simple as a 15-minute walk around the block each morning and evening. Gradually build up your program and set new goals to stay motivated. The important thing is to find something you enjoy, and do it

safely. And remember—trying too hard at first can lead to injury and cause you to give up.

If you have a chronic health problem or a family history of heart disease at an early age, be sure to talk with your doctor before launching a new physical activity program.

Tips to easily increase your daily activity

- Take the stairs instead of the elevator.
- Park far away from your destination in parking lots so you have farther to walk.
- If you take public transportation, get off a stop early.

Enlist in this vital mission for a healthier you



U.S. Department of Health and Human Services



5 tips to help you stick with your physical activity program

1. **Set a schedule and keep to it.**
2. **Get a friend or family member to join you.** Motivate each other to keep it up.
3. **Cross-train.** Alternate between different activities so as not to strain one part of the body day after day.
4. **Set goals.**
5. **Reward yourself.** At the end of each month that you stay on your exercise program, reward yourself with something new—new clothes, a compact disc, a new book—something that will help keep you committed. But don't use food as a reward.

Common questions about physical activity

How can I fit physical activity into my busy schedule?

Try breaking up your 30 minutes of activity throughout the day. For instance, take a walk in the morning for 10 minutes, rake leaves for 10 minutes, and take another 10-minute walk after dinner.

I am elderly and have difficulty moving. Should I still try to exercise?

Yes, but be sure you talk to your doctor first to find out which activities are right for you. There are even activities you can do while sitting down.

I just joined a gym. What machines are best?

Stairclimbers and treadmills are excellent, since they simulate walking and climbing which can help burn fat, build endurance, and strengthen the cardiovascular system. Weightlifting also provides a great workout.

How can I prevent injuries?

Gradually build up the intensity and duration of your physical activity program over many weeks or months to avoid overdoing it. And always stretch before and afterwards.

Activities for moderate exercise



- **Brisk walking** (3-4 miles per hour)
- **Home care and general cleaning**
- **Home repair, such as painting**
- **Mowing the lawn** (with power mower)
- **Gardening**
- **Dancing**
- **Racket sports, such as table tennis**
- **Golf** (walking the course)
- **Fishing** (standing and casting, walking, or wading)
- **Swimming** (with moderate effort)
- **Cycling** (at a moderate speed of 10 miles per hour or less)
- **Canoeing or rowing** (at a speed of about 2-3.9 miles per hour)

Resources to help you stay healthy



Your Guide to Lowering High Blood Pressure

http://www.nhlbi.nih.gov/hbp/prevent/p_active/p_active.htm

NIH Senior Health offers more tips about physical activity, as well as video examples of specific activities that are important for seniors.

<http://www.nihseniorhealth.gov/exercise/toc.html>

Staying active can help save your life.



National High Blood Pressure
Education Program

