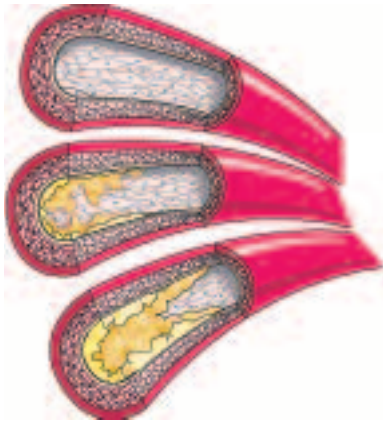




# TAKE WHAT YOU NEED TO HELP PREVENT A HEART ATTACK AND STROKE



## Do you have?

- Diabetes
- Peripheral Arterial Disease
- Heart Disease
- Chronic Kidney Disease
- Stroke
- Abdominal Aortic Aneurysm

**T**hese conditions are caused by or can lead to atherosclerosis, which is when fat like deposits called plaque, build up in your artery walls. Over time, this condition can narrow the space inside the artery and harden the walls of the blood vessel. This can make it difficult for blood and oxygen to flow through.

Atherosclerosis can lead to a stroke or heart attack.

If the plaque grows large enough to block off an artery in your heart, blood cannot reach the heart muscle. This lack of blood and oxygen can cause chest pain (angina) or a heart attack.

More often, plaque becomes unstable and breaks loose. When this happens, a blood clot forms in the damaged area. The clot can block blood flow. If the artery bringing blood to the brain is blocked, a stroke occurs. If the artery in the heart is blocked, a heart attack occurs.

## Other risk factors or causes of atherosclerosis:

- smoking
- being overweight
- not getting enough activity
- high cholesterol
- high blood pressure

Risk factors you cannot change:

- family history of heart disease
- older age (as you age, your risk goes up)

The good news is there are ways to treat atherosclerosis and reduce

your chances of having a stroke or heart attack:

## Take some or all of these preventive medications:

1. Aspirin
2. Statin
3. ACE Inhibitor
4. Beta Blocker

Talk with your health care professional to find out if some or all of these medications are right for you.

## Make healthy lifestyle choices:

- Eat a low fat, high fiber diet.
- Be physically active for 30 minutes or more on most days of the week.
- Maintain a healthy weight.
- Quit smoking, if you smoke.

What are you doing to take care of your health?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Understanding your medications

It is important to understand how your medications work, possible side effects, and when and how you should take them. Most people have questions or concerns about medications they are currently taking or starting to take. Talk with your health care team to learn more about your medications. Below are some important questions to ask:

- Why am I taking this medication?
- When and how should I take this medicine?
- What are the possible side effects?
- If I notice a side effect, what should I do?
- Other: \_\_\_\_\_  
\_\_\_\_\_

## Taking other medications

Be careful of over-the-counter medication and herbal or weight loss supplements. Read the labels on the bottle or box carefully. Some over-the-counter medicines include warnings that state they should not be used by people at risk for a heart attack or stroke. Let your health care professional know if you are taking any over-the-counter medicines.

Medications	My plan (Fill out with your health care professional.)
<p><b>ACE* Inhibitor</b> ACE Inhibitors lower blood pressure by causing the blood vessels to relax and widen. This increases the supply of blood and oxygen to the heart and helps the heart beat more easily. Other names: Lisinopil (Prinivil, Zestril), Captopril (Capoten). *Angiotensin Converting Enzyme</p>	<p>Should I take this medication? <input type="checkbox"/> YES How much do I take (dose):  How often do I take it:  <input type="checkbox"/> NO</p>
<p><b>Beta-Blocker</b> Beta-blockers reduce the workload of the heart by relaxing the heart muscle and by slowing down the heart rate. This allows your heart to pump blood more easily. Beta-blockers are used to treat high blood pressure, heart failure, irregular heart beats, blocked coronary arteries, and angina. Other names: Atenolol (Tenormin), Metoprolol (Lopressor).</p>	<p>Should I take this medication? <input type="checkbox"/> YES How much do I take (dose):  How often do I take it:  <input type="checkbox"/> NO</p>
<p><b>Aspirin</b> Aspirin reduces the stickiness of blood cells, called platelets. This lowers the chances of platelets clumping together, forming a blood clot. Clots can cause a blockage in your arteries and lead to a heart attack or stroke.</p>	<p>Should I take this medication? <input type="checkbox"/> YES How much do I take (dose):  How often do I take it:  <input type="checkbox"/> NO</p>
<p><b>Statins</b> Statins work to lower your LDL (bad) cholesterol, which builds up in your artery walls, making them narrow. They also increase your HDL (good) cholesterol, reduce your triglycerides, and may help to prevent blood clots and inflammation inside your arteries. Other names: Lovastatin (Mevacor), Simvastatin (Zocor).</p>	<p>Should I take this medication? <input type="checkbox"/> YES How much do I take (dose):  How often do I take it:  <input type="checkbox"/> NO</p>

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have further questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.