Your Self Care Guide

What To Do About
Blood Pressure

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Title *Page(s)*

Tools You May Need

Arm BP Monitor

or

Wrist BP Monitor

Pill Organizer

Pedometer

Scale

The Short Story on Blood Pressure

Pressure is one thing pushing on another. Blood pressure is the heart pushing blood through the arteries to body parts. You know about pressure if you've ever watered plants: *Pressure* moves water from the faucet through a hose to the garden.

At times, you need high pressure to get the job done. So you block the end of the hose with your thumb. You make the opening narrow.
A NARROW passage increases pressure.

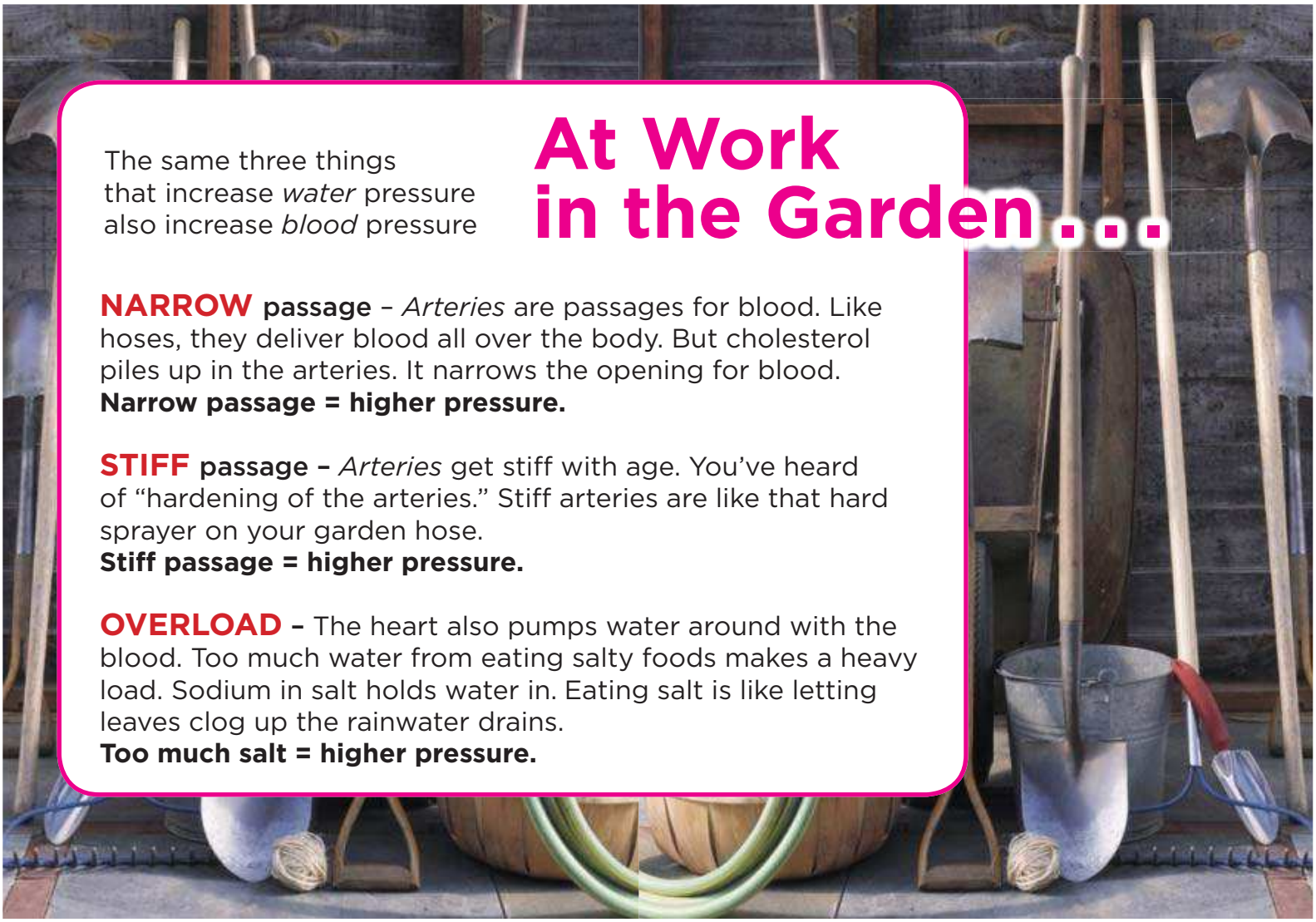
Another way to increase pressure in a hose is to attach a hard plastic or metal sprayer. It has to be *stiff* to increase pressure. If you attach an ordinary soft hose instead, you may have a longer hose, but the water won't spray any farther. Pressure stays normal.
A STIFF passage increases pressure.

A third way pressure goes up is with too much water. If the nearest drain is clogged, water backs up.
The garden is overloaded with water.
An OVERLOAD increases pressure.

For your plants, you want water pressure *normal* most of the time. It may go up for a short time to get a job done, but you don't want it to ***stay*** up.

In your garden, high ***water*** pressure over time will ruin the garden's **plants**.

In your body, high ***blood*** pressure over time will ruin the body's **parts.**



The same three things
that increase *water* pressure
also increase *blood* pressure

At Work in the Garden . . .

NARROW passage – *Arteries* are passages for blood. Like hoses, they deliver blood all over the body. But cholesterol piles up in the arteries. It narrows the opening for blood.
Narrow passage = higher pressure.

STIFF passage – *Arteries* get stiff with age. You've heard of "hardening of the arteries." Stiff arteries are like that hard sprayer on your garden hose.
Stiff passage = higher pressure.

OVERLOAD – The heart also pumps water around with the blood. Too much water from eating salty foods makes a heavy load. Sodium in salt holds water in. Eating salt is like letting leaves clog up the rainwater drains.
Too much salt = higher pressure.

Right now, your blood pressure is too high. The garden is flooded.

- The first step is to **drain the water and keep it flowing**.
- Next, work on **making those arteries soft** and **stretchy**.
- Then **get rid of the cholesterol** to open the arteries wide.

Those are the **Three Goals** to bring blood pressure down and keep it there.

Goal 1 you want
Flowing Water
No overload

Goal 2 you want
Stretchy Arteries
No stiffness

Goal 3 you want
Open Arteries
No clogging

When you're sure you want these goals, see the three Goals Sheets for how

You're in Charge

Everyone who gets control of Blood Pressure masters these steps. You may already be doing some of them. Which ones need more attention?

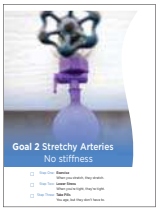
1. **See the Big Picture**
2. **Get Organized**
3. **Use the Log Book**
4. **Plan Ahead for Control "On the Go"**

1 See the Big Picture

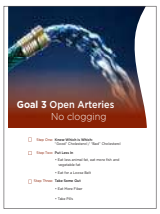
Read each piece!

The Short Story on Blood Pressure page 3

Goal 1: Flowing Water page 9



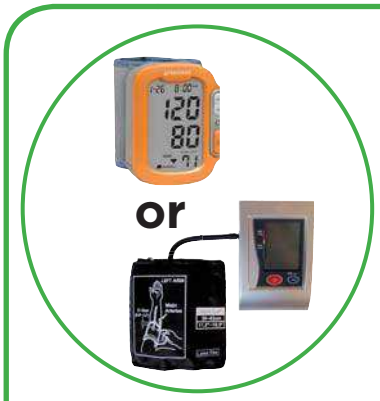
Goal 2: Stretchy Arteries page 13

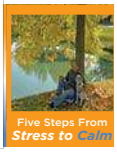


Goal 3: Open Arteries page 21

2 Get Organized

Get your tools and keep them handy:



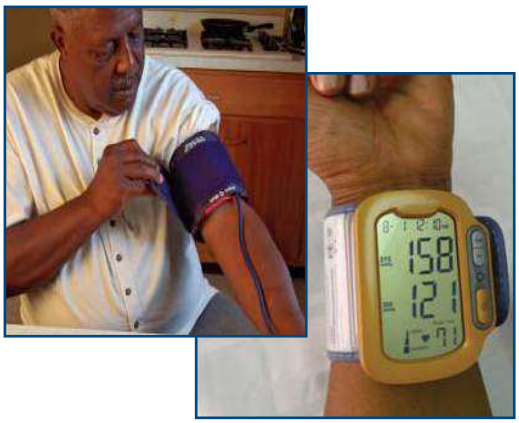


Pedometer and instructions	Use the Pedometer to count your steps.
Blood Pressure Monitor and instructions	Find a permanent place that's easy to access so you can check your pressure often.
Log Book	Carry it with you so you can make entries all day long. Otherwise, most people forget!
Pill Organizer	Pick one day a week to fill the Organizer. Keep it in sight as a reminder to take the pills.
Stress to Calm Card	Read through it once. Put it in your wallet or purse—you never know when stress will strike.
AdVisor™ Fast Food Guide	Stick it to the car visor or drop it in the door holder to use when you can't avoid Fast Food.
"How to Stop Smoking" *the Four-Day Flush*	Shop for the simple foods on the list to stop smoking naturally.
"It's Just 40 Minutes" Poster	Pin the poster up where you exercise. Gather: • ***Walking:*** Shoes, socks, shirt, pants, water bottle and wristwatch • ***Lifting:*** Weights, store-bought or homemade.
How to "Watch What You Eat" Poster	Put the poster in your kitchen. Use it as you decide what to eat and what to shop for.

3 Use the Log Book

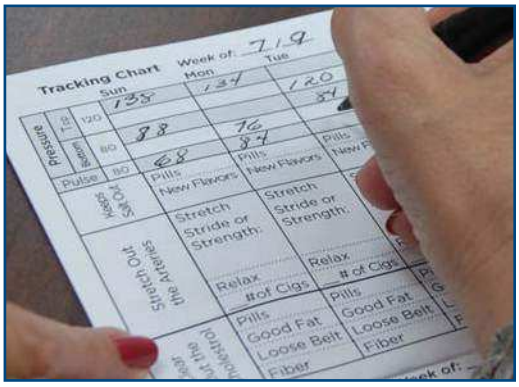
Quick Results

Working on the goals, your pressure should fall in a few days. But to see the change, you have to know your starting number. So right now, before you change anything in your lifestyle, use the Monitor. The Step-by-Step instructions tell you how to write the score in the Log Book page 26.



Don't wait! Some people say they want to "work on it" before they test. But if you don't know where you are when you start, you can't tell if your efforts are working.

You tell by keeping track in the Log Book. Here's where you figure out just just what works for your body. Record what you do each day. At least for the first two weeks, take your blood pressure every day.



The more you do, day by day, the better scores you should see. After a while, you'll know what actions impact your body the most.

Long Term Results

You're aiming for a permanent difference in your blood pressure. The doctor should see the change the next time you have an appointment.

But maybe not.

Some people get nervous in the examination room. Being nervous makes pressure go up. People joke about this fact, calling it the "White Coat Syndrome."

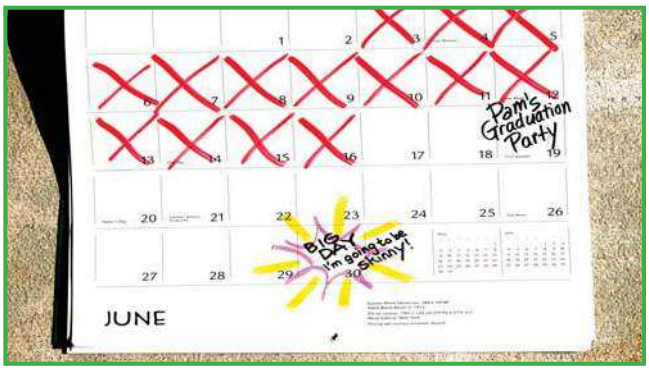
That's why it's important to show the doctor the Log Book at every appointment. The doctor can see what your pressure normally is, at home, over time.

Every manager knows, "If you don't measure, you can't manage."

4 A Tool to Prepare for Temptation

Social events can be a challenge when you have a goal for weight loss. This tool could help prevent "Morning After" regrets.

Decide before the event whether you will **postpone** reaching your weight loss goal (indulge) or **keep making progress.**



The Social Contract

"I know I'll miss my goal. I still want to indulge."

If you want to control the damage, know ahead of time what to pig out on:

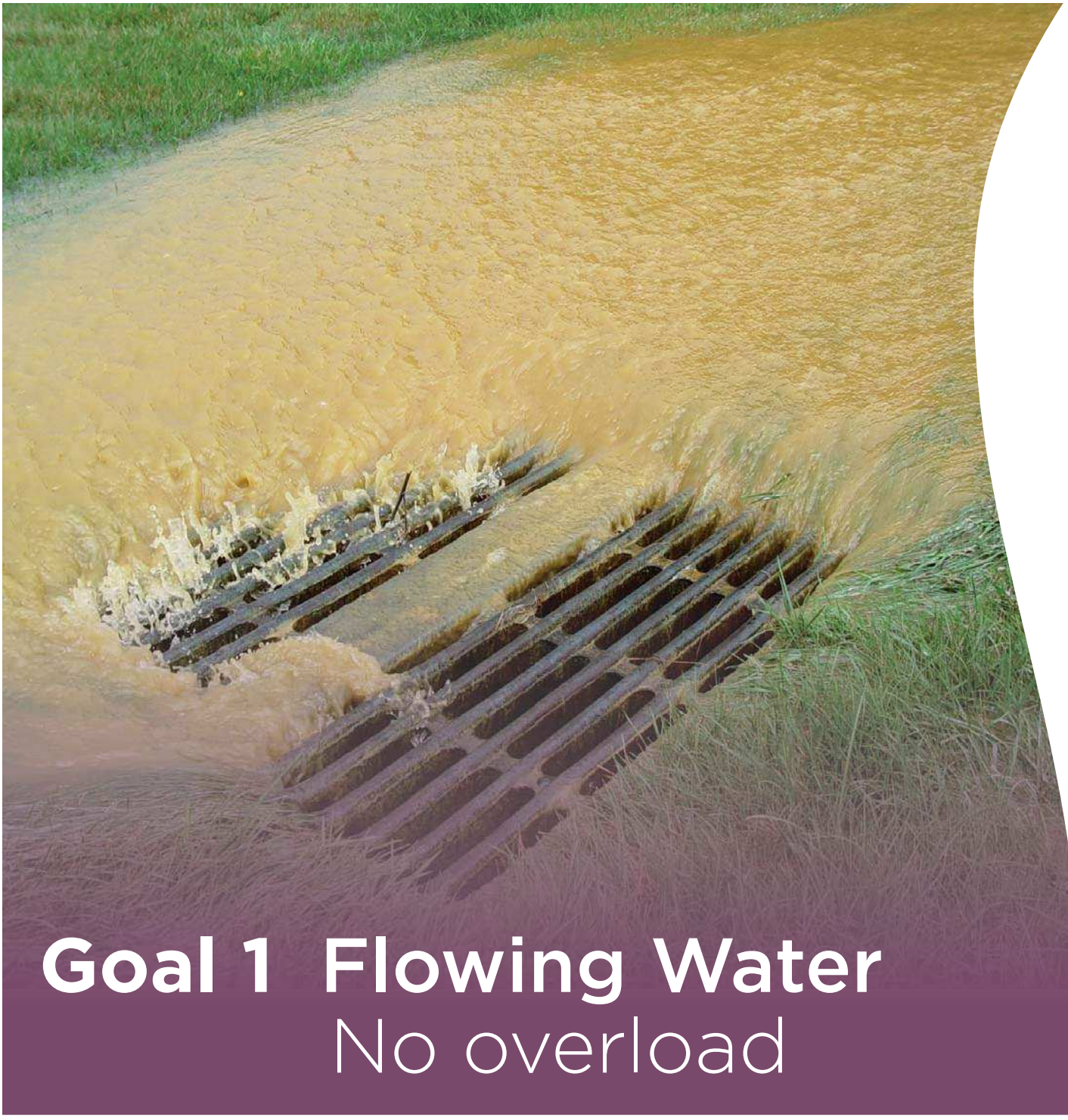
- Sweets and starches are the worst, because you'll still overeat days later.
- Salty snacks are bad, because blood pressure will still be up days later.

Indulge in protein instead: Extra portions of meat and fish. Snack on raw vegetables. Getting back on the plan will be easier. Blood pressure won't spike as high.

"I want to reach my goal on time. I'll stick to the plan."

If you want deep relief the next morning, others say these ideas work for them:

Restaurant	• I choose what the menu says is broiled, baked, grilled, poached, steamed or roasted. I ask for lemon slices instead of dressing. • I ask for a take-home carton when I place my order. Then I put half my food in it before I eat!
Bar	• I ask for water with a lime in a daiquiri glass. Who's to know? • If they put a snack bowl near me, that's my signal to go talk to someone far away.
Fast Food Place	• I put the AdVisor from the kit in my car and use it!
Theater	• Popcorn with no butter lasts longer than candy for a movie. • Going to the rest room with my friends during intermission leaves me no time for snacks.
Private Party	• If I had a plate in one hand and a glass in the other, I look like I'm partying, but I can't eat. • When they bring me a dessert, I immediately give it to the person next to me and say, "None for me, please!"



Goal 1 Flowing Water
No overload

- ☐ Step One: **Understand "Salt vs. Sodium"**
  What you don't know can hurt you.
- ☐ Step Two: **Clear the House**
  What you don't have, you can't eat.
- ☐ Step Three: **Take Water Pills**
  What salt you can't avoid, you can flush out.

Step One: **Understand Salt vs. Sodium**

What you don't know can hurt you. Most of us think of salt as an *ingredient* in food. It might surprise you that **salt itself has ingredients**. The biggest ingredient in salt is *sodium.* **Sodium** holds water in the body.

Natural vs. Added Sodium

The right amount of sodium for one day is 1500 milligrams. That's one half teaspoon of salt, slightly rounded. But it's not to shake on your food. *That half teaspoon is already inside your food.*

Animals have natural body water that is salty. That means meat, chicken and fish have sodium in them already.

Prepared food also has its own sodium. Even whole grains have natural sodium.

Anything more puts an extra load on your heart.

Look for *Nutrition Facts* on packages. Find the **sodium** line. If the number is more than 400, eating this food can throw you over the 1500 limit for the day. Compare brands: The same food may be high sodium in one and low in another.

Cholesterol 30mg	**10** %
Sodium 470mg	**20** %
Total Carbohydrate 31g	**10** %
Dietary Fiber 0g	**0** %
Sugars 0g	

Serving Size 1 Tbsp

Sodium 575mg	**28** %

What examples have you found of foods that claim to be "low sodium" but are not low enough?

If you decide that lowering your blood pressure is important, you'll want to stop adding salt to your food.

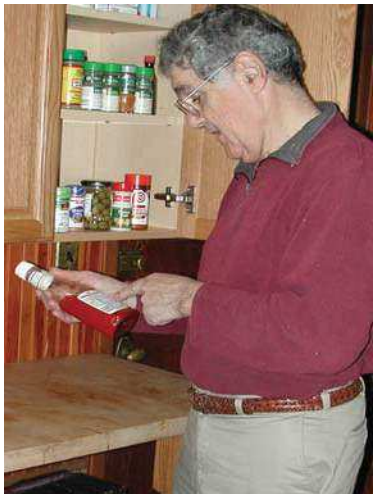
Not when you're *cooking.*
Not when you're *eating.*

Most people find it's easier to avoid sodium when salt shakers are out of reach and out of site.

Step Two: **Clear the House**

What you don't have, you can't eat. Is your kitchen tempting you with salty foods? Get rid of them. They don't do your family any good. Check labels--don't miss these:

- Bouillon
- Ketchup/Tomato Paste
- Deli Meats
- Chili sauce
- Cooking wines or sherry
- Frozen dinners
- Horseradish in a jar
- Meat extract
- Meat tenderizer
- Monosodium glutamate (MSG)
- Regular mustard
- Olives
- Pickles, Pickle Relish
- Salad dressing
- Canned soup or soup mix
- Soy sauce
- Worcestershire sauce
- Anything with "salt" in its name!



You've probably heard jokes about people who salt everything without thinking.

When people get thoughtful about flavors, they try spices like these instead of salt. The stronger the flavor, the less you'll miss the salt!

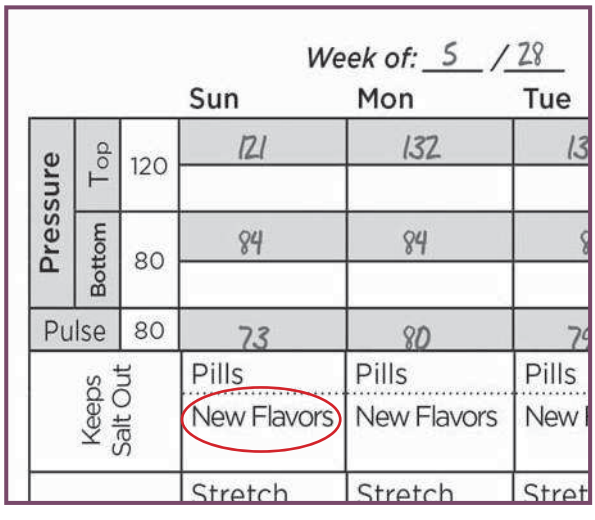
- Basil Leaves
- Cayenne Pepper
- Celery Seed
- Chives
- Cumin
- Curry Powder
- Dill
- Fennel
- Garlic
- Ginger Root
- Horseradish Root
- Lemon Grass
- Lemons
- Limes
- Mint
- Onions, red, green and white
- Oregano
- Paprika
- Parsley
- Hot Peppers
- Tarragon

Still miss the salt?

Did the doctor say a salt substitute with ***potassium*** is OK? Look at what the doctor said on the first pages of the **Log Book**. If it's OK, look for it with the spices in the grocery store. *You may never even notice it's not salt.*

Don't miss the payoff

In the **Log Book,** mark that you've tried new flavors instead of salt. When you see the scores coming down, you'll know it's cause and effect.



Week of: 5 / 28

			Sun	Mon	Tue
Pressure	Top	120	121	132	13
	Bottom	80	84	84	8
Pulse		80	73	80	79
Keeps Salt Out			Pills	Pills	Pills
			New Flavors	New Flavors	New F
			Stretch	Stretch	Stret

Step Three: **Take Water Pills**

The doctor may prescribe a *diuretic*. Most people call them "water pills" because they flush out water. Are any of these names on your pill bottles?

Generic	*Brands*
amiloride	Midamor®
bumetanide	Bumex®
chlorothiazide	Diuril®
chlorthalidone	Hygroton®, Thalitone®
eplerenone	Inspra®
ethacrynic acid	Edecrin
furosemide	Lasix®
hydro-chlorothiazide	Aldactazide® Amiloride/HCTZ® Atacand HCT® Avalide® Benicar HCT® Dyazide® Hyzaar® Inderide® Lopressor HCT® Maxzide® Methyldopa/HCTZ® Micardis HCT® Microzide® Tekturna HCT® Teveten HCT®, Ziac®
indapamide	Lozol®
metolazone	Zaroxolyn®
spironolactone	Aldactone®
torsemide	Demadex®
triamterene	Dyrenium®

You'll know the water pill is working if you
- Go to the bathroom often
- Lose a pound or two on the scale
- Your rings, belt, and shoes are looser.
- There are no "grooves" in your skin when you take off your socks!

With water pills, you may need extra *potassium*. Ask your doctor if you should eat a banana with your pill!

Side Effects
Some people have trouble with pills. Let your doctor know if you feel:

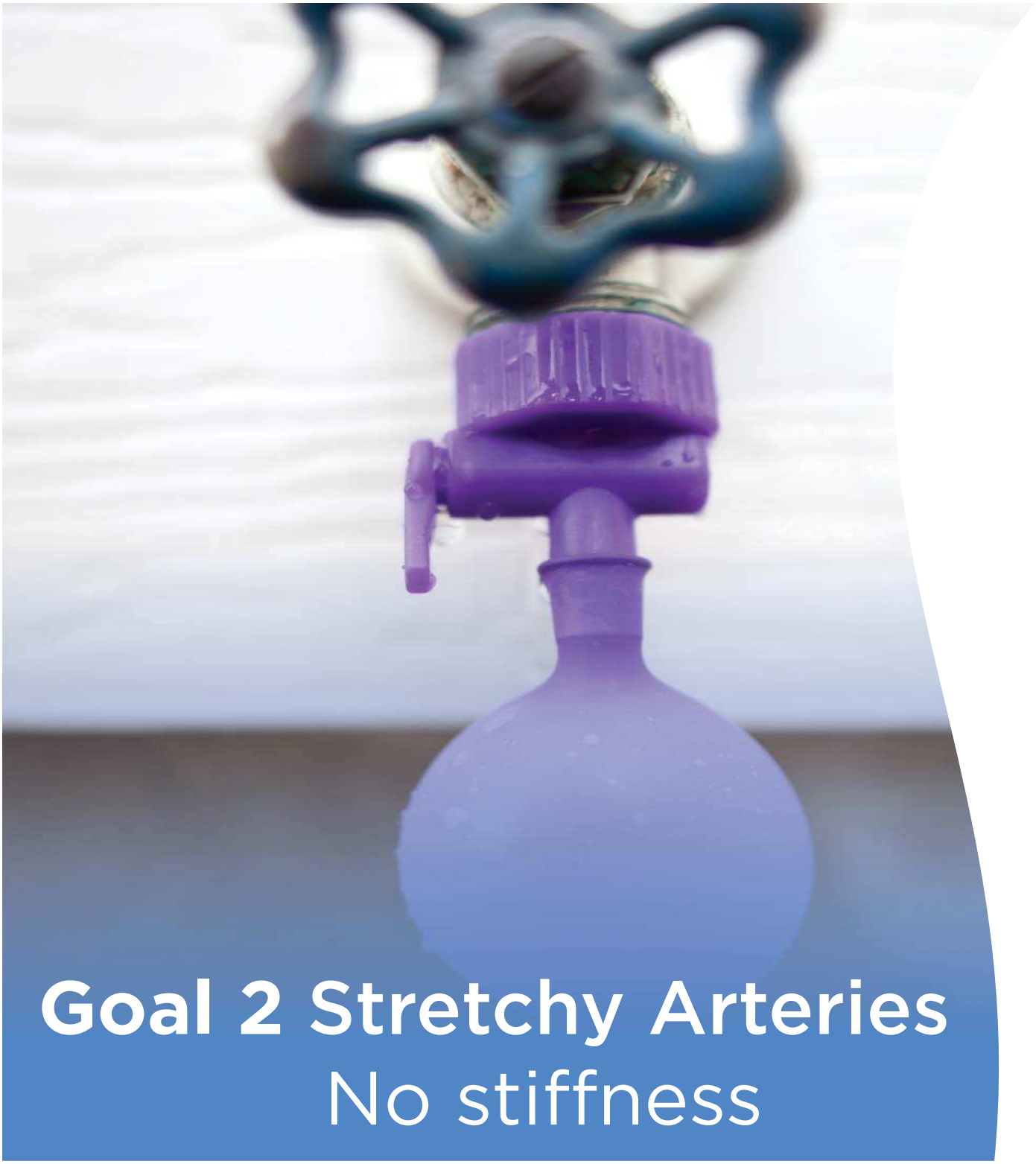
ALLERGIC reaction
Swollen eyes and mouth
(Some diuretics are sulfa drugs. If you know you are allergic, tell the doctor.)

HEAD trouble
Dizzy, drowsy, faint
Headache, blurry vision
Ringing in the ears or hearing loss
Dry mouth

CHEST trouble
"Irregular Heartbeat"
Breast growth (men)

GUT trouble
Upset stomach, vomiting
Constipation
Menstrual period off schedule
Pain, gas
Blood sugar tests higher than normal
No appetite

GENERAL trouble
Weak or tired without a good reason
Muscle or joint pain, cramps
More bleeding or bruising than usual
Cholesterol test jumps up
Rash, sweating more than usual
Can't perform in bed



Goal 2 Stretchy Arteries
No stiffness

- ☐ Step One: **Exercise**
  When you stretch, they stretch.
- ☐ Step Two: **Lower Stress**
  When you're tight, they're tight.
- ☐ Step Three: **Take Pills**
  You age, but they don't have to.

Step One: **Exercise**

When you stretch, arteries stretch. Find the poster, ***"It's Just 40 Minutes,"*** in the kit. You'll see three kinds of exercise:

- **Strengthen**
- **Stride**
- **Stretch**

Each kind of exercise opens up arteries and brings down cholesterol in a different way.

Stride

A *Stride* exercise moves the whole body. Moving the whole body opens up arteries as your heart pumps more blood. Each stride lowers the amount of cholesterol in your liver a little more.

Pick a Time. Decide which five days a week you'll Stride. Set a time of the day. Have a plan for walking in case your dance partner begs off, the tennis game is cancelled or the bike trip gets postponed. You still need to Stride that day. A walk is always your "default plan."

Make a Plan. If you're like most people, you haven't done much striding lately. You can try walking away from your house for fifteen minutes. When you turn and walk back again, that's the whole thirty minutes.

- ***If 15 minutes out and back feels OK*: Next time,** go a little farther in 15 minutes. Walk faster to reach one more fire hydrant or lamp post before you turn back. Track how many you pass in the Log Book.

- ***If 15 minutes out and back is too much*:** Use the "3 Weeks to 30 Minutes" chart.

Check with your doctor
before you start an exercise program.

Strength

After you choose five days to Stride, you have two left. Those days you Strengthen.

People often don't realize that means you exercise EVERY SINGLE DAY, seven days a week. Exercise is like taking a pill: You need it every day.

If you don't have weights, you can start with items you have at home.

2 Pound


3 Pound

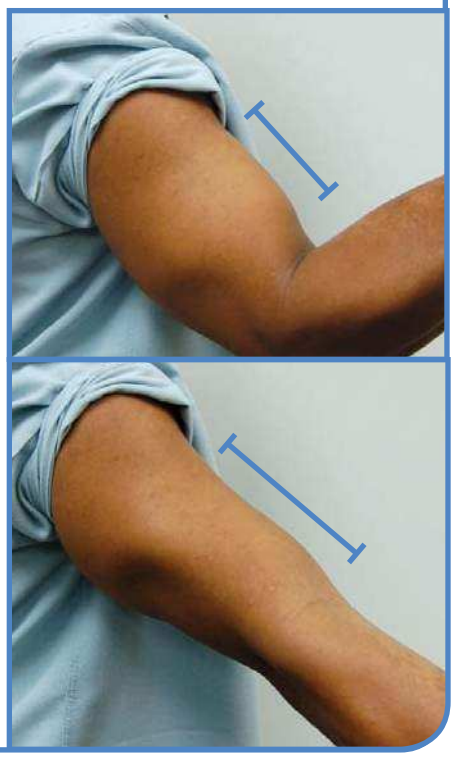
4 Pound


5 Pound

8 Pound

Stretch

After exercise, you know you sometimes feel stiff. Don't leave yourself like that! If you want to be sure to make arteries more stretchy, you need to stretch. Stretching is good even if you're not doing the other exercises. Think about how a muscle moves for exercise.



To move, a muscle pulls in towards its center. That means it gets ***shorter.***

- **Stride:** Each time you lift a foot, you pull your leg muscles shorter.
- **Strength:** Each time you lift a weight, you pull your arm muscles shorter.

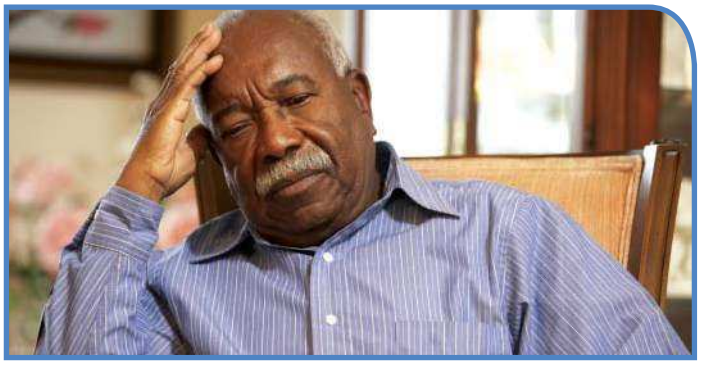
Stretching pulls the muscle long again. So stretch it **before** you shorten it with an exercise. Stretch it again **after** you shorten it with an exercise.

Step Two: **Lower Stress**

When you're uptight, your arteries tighten up, too. You know you're stressed when:

- Muscles twitch
- Nothing seems funny
- Others say you're "touchy"
- You get "stuck" on one worry or fear

Blood Pressure can go up for a short time to get a job done. But if stress goes on and on, no work gets done. It just ruins body parts.



Avoid These False Fixes

Tantrums

Don't trust your temper. "Letting loose" with tears or shouts creates more stress. Better to get perspective by using the "Stress to Calm Card" rating system in the kit.

Coffee, Tea and Cola

Say "no" to a cup to calm down. Caffeine makes pressure and pulse go up. Limit yourself to two 12-oz regular caffeine drinks a day. One medium-size espresso drink is enough--or might even be too much. Use the Log Book to test exactly how much caffeine makes your pressure go up.

Comfort Food

Food can never give you enough comfort: You stuff your mouth until you hate.

Smoking

Cigarettes only calm you if you are already addicted. Smoke narrows the arteries.

The 4-Day Flush in the kit shows how to stop now.

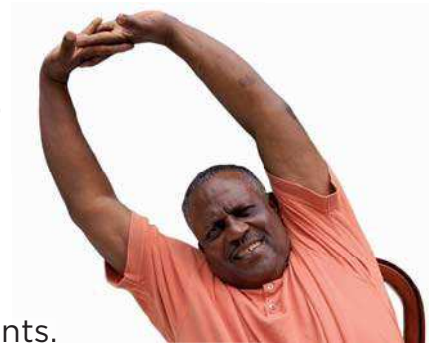
Try These Real Solutions

Put the “Stress to Calm Card” in your wallet for an “on the go” reminder.

Be a Friend

Being alone makes problems seem larger than life. Get out, see people, invite someone over. Join a group, go to a meeting. A good laugh with a friend is great medicine.

Stretch



- Lace your fingers.
- Reach to the ceiling, palms down.
- Turn palms up. Reach higher.
- Lean right while you count to 10.
- Lean left for ten counts.

- Lift your legs, ankles touching.
- Draw circles in the air with your toes moving out and around.
- Repeat 5 times.
- Switch directions.
- Repeat 5 times.

Sleep

Don’t lie awake. Get up and:

- Take a 10-minute warm shower.
- Put on socks.
- Make the room as dark as you can.

Then lie back and imagine...

-Things that make you laugh.

-A dream come true.

An Experiment in Control

With practice, you can ***will*** your pressure lower. Follow the guide, ***How to Take Your Blood Pressure.*** Write your score. Leave the cuff on. Lean back, close your eyes and listen to your favorite slow, calming music.

Breathe

- Breathe in while you count to 5 and raise your shoulders up and back.
- Breathe out while you count to 10 and slowly lower your shoulders.
- Repeat 5 times, breathing slower. Deeper.
- Roll your head down and around: one way, then the other.

Tap the Monitor button again. With practice, the second score will be lower than the first.

Step Three: **Take Pills**

As we age, body chemicals travel to arteries and veins and make them stiff. *ACE Inhibitors* and *ARBs* stand in the way of these chemicals. Think of them as your anti-aging pills.

Do you have one of these **ARBs?**

Generic	*Brands*
candesartan	Atacand®
eprosartan	Teveten®
irbesartan	Avapro®
losartan	Cozaar®
olmesartan	Benicar®
telmisartan	Micardis®
valsartan	Diovan®

Do you have an **ACE Inhibitor?**

Generic	*Brands*
benazepril	Lotensin®
captopril	Capoten®
enalapril maleate	Vasotec®
fosinopril	Monopril®
lisinopril	Prinivil®, Zestril®
moexipril HCl	Univasc®
perindopril Erbumine	Aceon®
quinapril HCl	Accupril®
ramipril	Altace®
trandolapril	Mavik®

Dilate means "open." A *vasodilator* opens veins and arteries wide for the blood and water to flow through.

Do you have a **Vasodilator?**

Generic	*Brands*
hydralazine	Apresoline®
isosorbide dinitrate	Isordil®
minoxidil	Loniten®
nesiritide	Natrecor®
nitrates/ nitroglycerin	Nitro-Bid®, Nitro-Dur®, Nitrolingual Spray®, Nitrostat®

You've probably heard people say a shock "gets the adrenalin going." Adrenalin makes a heart beat fast. *Beta Blockers* block adrenalin. So they keep your heart beating slow and strong even under stress.

Do you have a **Beta Blocker?**

Generic	*Brands*
acebutolol	Sectral®
atenolol	Tenormin®
betaxolol HCl	Kerlone®
bisoprolol fumarate	Zebeta®
carvedilol	Coreg®
esmolol	Brevibloc®
labetalol HCl	Trandate®
metoprolol succinate	Toprol XL®
metoprolol tartrate	Lopressor®
nadolol	Corgard®
nebivolol	Bystolic®
penbutolol sulfate	Levatol®
pindolol	Visken®
propranolol HCl	Inderal, Innopran XL®
sotalol	Betapace®
timolol maleate	Blocadren®

Combination Drugs

Flushing out water is the top job to bring down blood pressure. So most people have a *diuretic*. Most everyone has another pill to open arteries.

But taking two pills is harder than one. So your prescription may combine them.

Are you taking any ***Combination Drugs?***

Diuretic and ACE Inhibitors

Generic	*Brands*
benazepril/HCTZ	Lotensin HCT®
captopril/HCTZ	Capozide®
enalapril maleate/ HCTZ	Vaseretic®
fosinopril/HCTZ	Monopril HCT®
lisinopril/HCTZ	Prinizide® Zestoretic®
moexipril HCl/HCTZ	Uniretic®
quinapril HCl/HCTZ	Accuretic®

Diuretic and ARBs

Generic	*Brands*
candesartan/HCTZ	Atacand HCT®
eprosartan/HCTZ	Teveten HCT®
irbesartan/HCTZ	Avalide®
losartan/HCTZ	Hyzaar®
olmesartan/HCTZ	Benicar HCT®
telmisartan/HCTZ	Micardis HCT®
valsartan/HCTZ	Diovan HCT®

Diuretic and Beta Blockers

Generic	*Brands*
atenolol/ chlorthalidone	Tenoretic®
bisoprolol/ fumarate/HCTZ	Ziac®
metoprolol tartrate/HCTZ	Lopressor HCT®
nadolol/ bendroflumethiazide	Corzide®
propranolol/HCTZ	Inderide®

Side Effects

Spot an allergic reaction

- If your face or throat swells and you gasp for air ***go to the ER or call 911.***
- If your skin is itchy, burning, your throat tight, wheezing, then you're allergic to the pill. Don't think, "It'll go away." Some medicines can block the body from recovering from an allergic reaction. ***Stop taking it. Call the doctor.***

If you feel:	It might be:	What to do:
Gas, constipation or diarrhea Change in mood or sex Change in hearing, sight or taste	Getting used to the medicine	Give it a few days. ***Call the doctor if the effects don't go away or come back. The doctor may say to avoid certain foods or take a drug store remedy.*** Suck lemon to shock the taste buds.
Headaches	Getting used to the medicine	Talk to the doctor before you take a pain reliever.
Bleeding is hard to stop Bruises come with the slightest bump	Pills can make Vitamin K low. Vitamin K prevents bleeding and bruises	Ask if you need a Vitamin K supplement.
Joints red, painful, swollen Rash on your cheeks, over bridge of your nose, hives Sores around mouth or anus Sensitive to sunlight Sore throat, sinus pain or stuffy nose Mucus runs down your throat or is coughed up Cloudy or bloody urine	• Acid building up in joints • Vitamins A, D & E can't get past the medicine to keep you from getting sick	Call the doctor. Don't just take a drug store remedy. It might not work well with the medicine. Ask the doctor for a vitamin supplement or prescription change
Pins and needles Fever and chills Vomiting/diarrhea won't stop	Too many possible causes!	Call a doctor now. You may need to go to an Emergency Room
Redness, swelling, pain, tenderness, warmth in one leg	It might be a blood clot	
Bad upset stomach Cough, wheeze, gasp Heart too slow or too fast Chest, arm, shoulder or jaw pain	**Heart Attack**	**Go to the Emergency Room or call 911**

Goal 3 Open Arteries

No clogging

☐ Step One: **Know Which is Which:**
- "Good" Cholesterol / "Bad" Cholesterol

☐ Step Two: **Put Less In**

- Eat less animal fat, eat more fish and vegetable fat
- Eat for a Loose Belt

☐ Step Three: **Take Some Out**

- Eat More Fiber
- Take Pills

Step One: **Know Which is Which**

There's GOOD cholesterol and BAD cholesterol. So it must be the bad kind that clogs arteries. But when LDL and HDL appear on blood tests, which is which?

LDL is bad. Think of a bad word that starts with L: ***Low, Lacking, Lazy, Limp***--anything that means "bad" to you.

HDL is good. Pick a good word that starts with H: ***High, Hot, Happy, Hard.*** If you pick words that mean something to you, you'll have a better chance at remembering.

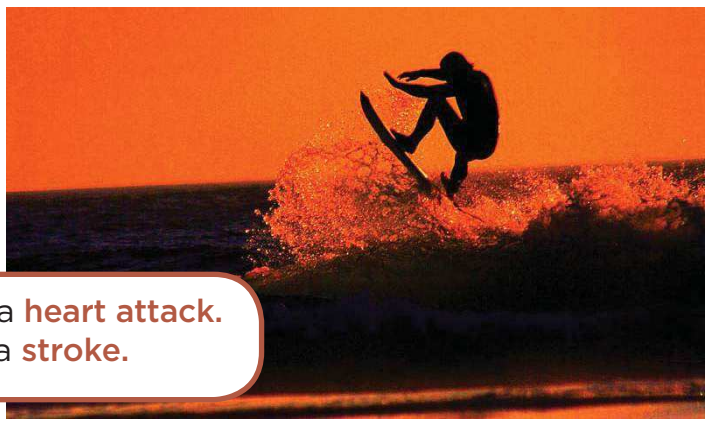
Keep in mind, bad cholesterol is not all bad. Your liver makes LDL to do good things in the body: Turn sunshine to Vitamin D and manage your sex drive, to name just two. (In fact, if you can link H and L to good and bad sex, you will NEVER forget again.)

Why Pressure + LDL = a Bad Mix

A liver can make too much LDL, more than the body needs. Or you eat animal fat, which puts extra cholesterol in your blood.

This extra LDL sticks inside of arteries. Clumps of cholesterol make the passage narrow, just like a thumb over the end of a garden hose. Blood has to force its way past. *Force* means higher pressure.

You know pressure will break off clumps in the garden. In your blood, the high pressure can break off clumps of cholesterol.



Your body treats this broken place just like a break in your skin. It sends blood clots to make a scab. Clots and bits of broken cholesterol are racing through your blood, riding on the high pressure.

Now that's a bad mix because...

If a clump or clot hits the **heart,** that's a **heart attack.**
If a clump or clot hits the **brain,** that's a **stroke.**

It's clear how serious cholesterol is, so it's worth taking a closer look at the difference between Good and Bad.

HDL is High Density
LDL is Low Density.
Density means how tightly packed something is.
High density is packed **hard**.
Low density is packed **loose**.

You know the problem with cholesterol is it sticks to arteries. So the sticky one is the BAD one. Which would you guess is sticky, hard or loose?

To remember, think Styrofoam™.
Packed *loose*, pieces stick to your hand. It's hard to get rid of them.
Packed *hard*, like a coffee cup, it doesn't stick. You can let go of a Styrofoam™ cup more easily than a handful of packing peanuts.

In fact, if you slide hard–packed foam through a pile of loose–packed foam, loose pieces will stick. Hard pieces pull loose pieces out of the pile.

In the same way, hard-packed cholesterol picks up pieces of loose cholesterol from the sticky piles in the blood.

HDL pulls loose pieces out and carries them out of your body into the toilet. That's why ***hard***-packed cholesterol is GOOD.

L is loose.
It sticks, like loose Styrofoam pieces.
That's bad. **LDL is bad.**
H is hard.
It doesn't stick, like hard Syrofoam cups.
That's good. **HDL is good.**

Now that you know the difference, the rest of the steps for this Goal show how to have

less LDL and
more HDL

Step Two: **Put Less In**

A: Eat less Animal Fat

The Worst Fat

Inside your body, animal fat turns into cholesterol. If your body doesn't *need* more cholesterol, you'll have extra cholesterol in your blood. Extra cholesterol is a problem.

Processed animal fat is the worst: Meats like bacon and hot dogs make you 42% more likely to get heart disease.

These foods have bad fat—
they raise cholesterol

1. Any meat cured with salt or chemicals: Ham, bacon, sausage, salami, hot dogs
2. Baked goods from stores: crackers, pastry, cookies, cakes
3. Fried foods--especially batter fried
4. Shortening and margarine in sticks

Read Labels

"Bad fat" has a name:

Trans Fat or **Saturated fat.** Look for these words on the Nutrition Facts label of anything you're thinking about eating.

Watch out:

Labels can ***say*** "zero" Trans Fat or Saturated Fat if there's *very little* in one serving. This label says the food has Trans Fat 0g

BUT YOU DON'T WANT **ANY** BAD FAT, not even "very little."

*The food DOES have bad fat if you see the words **"partially hydrogenated"** or **"shortening."***

Nutrition Facts Serv Size: 1 Package (28g), Amount Per Serving: Calories 120, Fat Ca 30, Total Fat 3.5g (5% DV), Sat Fat. 1g (5% DV), Trans Fat 0g, Polyunsat. Fat 1.5g, Monounsat. Fat 0.5g. Cholest. 0mg (0% DV), Sodium 270mg (11% DV), Total Carb. 2 (7% DV), Fiber Less than 1g (3% DV), Sugars 3g, Protein 2g, Vitamin A (0% DV), Vita C (0% DV), Calcium (6% DV), Iron (6% DV), Percent Daily Values (DV) are based on a INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SOYBEAN OIL, SUGAR, HIGH FRUCTOSE CORN SYRUP, PARTIALLY HYDROGENATED COTTONSEED OIL, LT. SOY LECITHIN (EMULSIFIER), NATURAL FLAVOR DEFATTED WHEAT GERM

Eat Fish and Vegetable Fat Instead

Just like there are two kinds of *cholesterol*, GOOD and BAD, there are two kinds of *fat*: GOOD and BAD. Good fat comes from fish and vegetables, not animals. It lowers your cholesterol.

The Best Fat

*These foods have good fat--**Omega-3 oils** they **lower** cholesterol:*

1. Mackerel, salmon, lake trout, herring, sardines, Albacore tuna
   Watch out for sodium in cans or packages.
2. Olive oil, canola oil, safflower oil
3. Walnuts, almonds, hazelnuts, peanuts, pecans, pine nuts, pistachios
4. Ground flaxseed
5. Some people take Omega 3 oils in capsules.
   *If you do, write it in the **Log Book.***
   Show the doctor.

B: Eat for a Loose Belt

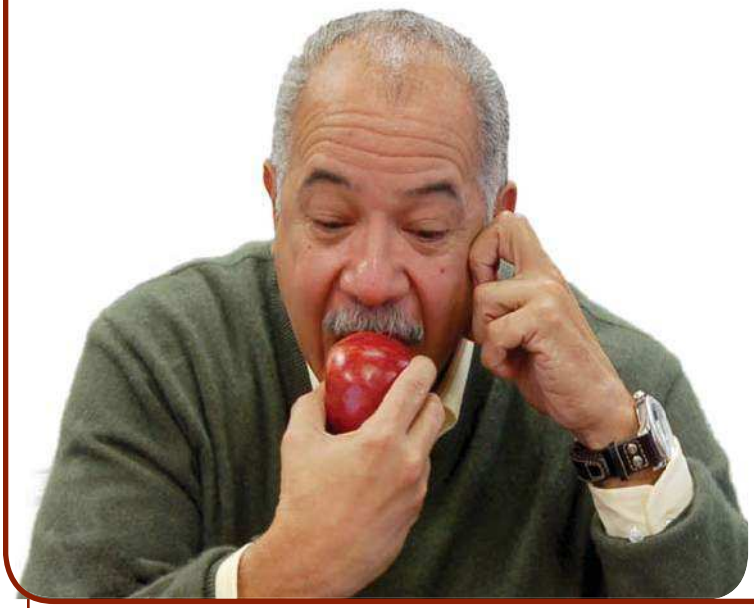
Even if you only eat good fat, eating too much is trouble. Extra food of any kind turns into fat. What's worse, this fat from overeating turns into a kind of cholesterol that is Very Low Density known as triglycerides which are very loose pack, *very sticky.*

Overeating makes triglycerides. You're overeating if your waist is more than **35" for a woman**
40" for a man.

Alcohol also makes triglycerides. You may have heard red wine has something that's good for you. But grapes have the same thing. And grapes don't make triglycerides (unless you eat way too many). So limit daily alcoholic drinks to **1 for a woman**
2 for a man.

**Styrofoam is a registered trademark of the Dow Chemical Company*

Step Three: **Take Some Out**



A: Eat more Fiber

We all know that fiber makes it easier to go "Number Two." What you may not know is that on the way out, fiber grabs bad cholesterol. Fiber pulls cholesterol out of the arteries right into the toilet.

Fiber Magic

You may have heard vegetarians have low cholesterol. If they do, it's probably because they eat a lot of fiber. Fiber comes from whole grains, starches, vegetables and fruits.

Get this Fiber Magic working for you.

Foods that will do the trick are:

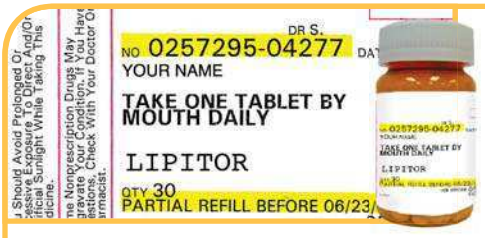
Fruits
- Avocado
- Apple with skin
- Berries, especially blackberries
- Grapefruit
- Kiwi
- Nectarine
- Orange
- Papaya
- Pear
- Plum
- Prune

Vegetables
- Artichokes
- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Chili Peppers
- Jicama
- Potatoes with skin
- Prickly Pear Pads (Nopales)
- Soybeans
- Winter Squash

Beans
- Black Beans
- Black Eyed Peas
- Chick Peas
- Hummus
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Northern Beans
- Peas
- Pinto Beans

Seeds
- Flaxseed, ground
- Psyllium Seeds
- Sesame Seeds
- Sunflower Seeds

Cereals
- Barley
- Oat Bran
- Oatmeal



B: Exercise

Lifting weights brings down cholesterol Working out raises HDL, the good cholesterol. (see Goal Two): A stronger body pushes more cholesterol out into the toilet. Lifting also makes the cholesterol left behind less sticky.

C: Take Pills

If diet and exercise are not quite enough, your doctor may prescribe a cholesterol pill, a ***statin*** or a ***fibrate.***

Generic	*Brands*
atorvastatin	Lipitor®
fluvastatin	Lescol®
lovastatin	Altoprev® Mevacor®
pitavastatin	Livalo®
pravastatin	Pravachol®
rosuvastatin	Crestor®
simvastatin	Zocor®

Statins

The liver makes natural cholesterol. ***Statins*** stop the liver from making more than you need.

You know cholesterol turns sunshine into Vitamin D and makes sex hormones. Statins force the body to use more cholesterol than usual for these jobs. The liver makes less and the body uses more. Cholesterol goes down.

Grapefruit makes statins stronger. So don't eat grapefruit 5 hours before or 5 hours after your pills!

Generic	*Brands*
fenofibrate	Antara® Lofibra® Triglide® Tricor® Trilipix®
gemfibrozil	Lopid®

Fibrates

You can hear the word "fiber" in ***fibrates.*** They work like eating fiber works: Fibrates soak up extra cholesterol. Then they carry the cholesterol right out of the body when you go to the bathroom.

Side Effects

It can be hard to spot a side effect, so call the doctor if you have any of these problems:

- Tired, sore or weak muscles
- Upset stomach, gas, diarrhea or constipation
- A rash, hives or flushing
- Headaches or joint pain
- Forgetfulness or confusion
- High blood sugar

Tell your doctor any other pills you take: Some drugs combine to cause side effects.

Together, decide if you should try:

- A smaller dose
- A different drug
- Exercising a little less
- Over-the-counter pain reliever

Wrap-Up

You have three goals: **Flowing Water, Stretchy Arteries** and **Open Arteries**
Achieve those goals with three main "How-To" actions:
Clear Out the Salt, **Stretch Out the Body** and **Keep Out the Cholesterol**.

Goal 1 **Flowing Water** No overload

Step One: **Understand Salt vs. Sodium**
If you don't know it, it can hurt you.

Step Two: **Clear the House**
If you don't have it, you can't eat it.

Step Three: **Take Water Pills**
If you're overloaded, clear out the drain

Goal 2 **Stretchy Arteries** No stiffness

Step One: Exercise
When you stretch, they stretch.

Step Two: Lower Stress
When you're tight, they're tight.

Step Three: Take "Anti-Aging" Pills
You age, but they don't have to

Goal 3 **Open Arteries** No clogging

Step One: **Know Which is Which**
"Good" and "Bad" Cholesterol

Step Two: **Put Less In**

Ⓐ Eat less animal fat, eat more fish and vegetable fat

Ⓑ Eat for a Loose Belt

Step Three: **Take Some Out**

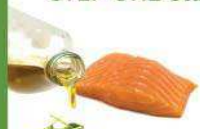
Ⓐ Eat More Fiber

Ⓑ Take Pills

Build-A-Meal

Everyone wants to feel full after a meal. If you're still hungry, or if you feel like you're missing out, you won't stick to the plan. Use the poster to "Build-A-Meal" that will keep you full and satisfied. For each meal:

STEP ONE Start with "ZERO AND LOW CARBS."



From the first row:
Pick a Protein Roast, boil or grill it.
Pick an Oil For fried protein, use spray oil.

From the second row:
Add Flavor Choose some spices for your protein and your veggies.
Choose Veggies Make a salad or cook some. Have as much as you want!

From the third row:
Pick a Drink
Pick a Sweet

Now look: You have a whole meal using just "Zero and Low Carbs." Anything more is a bonus. And you can have more.

STEP TWO Add "MEDIUM AND HIGH CARBS."

Pick 3 Portions Go easy on sweets and nuts in the last row. Have a small amount once in a while. You can add flavor to these carb choices, too.

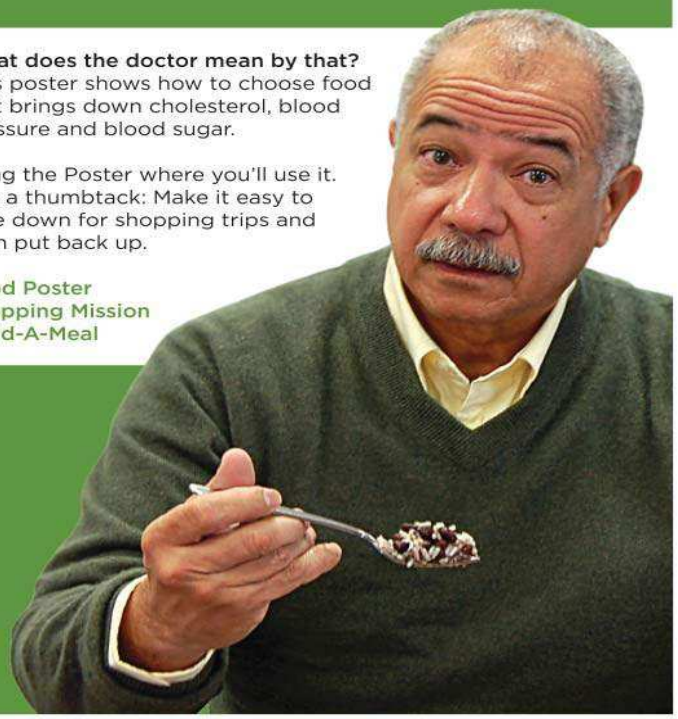
Now you have a complete meal that keeps you full and on target.

How To "Watch What You Eat"

What does the doctor mean by that?
This poster shows how to choose food that brings down cholesterol, blood pressure and blood sugar.

Hang the Poster where you'll use it. Use a thumbtack: Make it easy to take down for shopping trips and then put back up.

Food Poster
Shopping Mission
Build-A-Meal



Shopping Mission *Get in. Get out. No distractions.*

The struggle to eat right is won—or lost—at the grocery. You buy it, you'll eat it.

! **If it's in a package, read the ingredients. Don't buy if you see:**
Shortening or Partially Hydrogenated.

Deli and Bakery

TRAP
Prepared food doesn't have labels. You don't know how much trans fat, sodium and sugar is in it.

Eggs and Dairy

TRAP
"Low" or "Lite" may still have fat and sodium.

Meat and Fish

TIP
Look for:
90% Lean, 10% Fat
Select or Choice

TRAP
Lunch meats—even chicken and turkey—can be high in sodium.

Fresh Produce

TRAP
Dips and dressings that say "Low" or "Lite" may still have trans fat and sodium.

Center Aisles—*Know what you're going in for*

Frozen Food

TRAP
The bad stuff is on the same shelves with the good stuff.

TRAP
Granola seems healthy, but it has high sugar, fat and sodium.

TRAP
"Instant" foods are stripped of fiber.

TIP
Read the aisle signs. Only enter rows you have to. Look for:

- **Bread:** 100% Whole Grain, Pumpernickel
- **Rice:** Brown, wild
- **Cereal:** High fiber brands, oatmeal, oat bran, barley
- **Tea** without caffeine

High Fiber Fruits

High Fiber Veggies

High Fiber Beans, Seeds and Pastes—Read the label

Black Beans	Lima Beans	Flaxseed (ground)
Black-eyed Peas	Navy Beans	Sunflower seeds
Chick Peas	Northern Beans	Sesame Seeds
Kidney Beans	Peas	Hummus
Lentils	Pinto Beans	Tomato Paste

Checkout

TIP
As you empty the cart, set aside (don't buy) bad stuff that may have slipped in.

TRAP
Impulse purchase racks are filled with sodium, sugar and trans fat.

How To "Watch What You Eat"

The more you stay on the right side of the poster, the better you'll feel.

Zero and Low Carb
High Sodium • Bad Fat

Red Meat and Animal Fat

Salty Sides

Extreme Carb
High Sodium • Bad Fat
Low Fiber

Sugary Drinks

TV Dinners
Vegetables in Cans or Dried

Fruit Juice
Fruits in Syrup or Dried

Processed Grain and Starch

Whole Dairy and Extras

Zero and Low Carb
Low Sodium • Low or Good Fat

Protein: Egg Whites, Fish, Lean Meats • Oil: Margarine in Tubs, Vegetable Fat, Spray Oils

Spices, Herbs, Salt Substitute • Vegetables

Sugar-Free Sides • Sugar-Free Drinks

Medium and High Carb
Low Sodium • Low or Good Fat

Vegetables: Fresh, Frozen or in Cans with no Salt

Fruits: Fresh, Frozen or in Cans with Water

Whole Grain and Starch

Low Fat, Fat Free or Good Fat

GO EASY: These High and Medium carbs are good but you can still have too much of a good thing.

Fast Food AdVisor

When you can't avoid Fast Food, these choices won't get you too far off track. To eat no more salt for the rest of the day would be a good idea.

McDonald's

Southwest Salad with Grilled Chicken
No Croutons or Dressing
Vanilla Ice Cream Cone
Reduced Fat

Hamburger & Side Salad
Southwest Dressing

BURGER KING

Whopper Jr. No Mayo
Apple Fries Caramel Dip

6 Piece Chicken Tenders
Ketchup Dipping Sauce
Side Salad Light Italian Dressing, No Croutons

PANDA EXPRESS

Broccoli Beef No Rice
Fortune Cookie

String Bean Chicken
No Rice
Mixed Veggies Entree
Fortune Cookie

KFC

Grilled Chicken Breast
Mashed Potatoes No Gravy
Corn 5-Inch No Biscuit

Grilled Chicken Caesar Salad Buttermilk Ranch Dressing, No Croutons

STARBUCKS

Fruit and Cheese Plate
Cappuccino Any Size

Croissant Chocolate or Butter
Skinny Latte with Flavor, Tall

Caramel Macchiato or Frappuccino Light Tall
Mini Doughnut

WENDY'S

Chicken Grill Caesar Salad
Caesar Dressing, No Croutons

Jr. Hamburger
Side Salad Caesar Dressing

Pizza Hut

1 Slice Large Pan Pizza
Cheese, Pepperoni, Mushroom, Sausage or Veggie Lovers

SUBWAY

6" Sub
9 Grain Wheat
Chicken Breast or Roast Beef
Cheddar Cheese, Lettuce, Tomato, Onion and Mustard
No Ketchup or Mayo

TACO BELL

2 Crunchy Taco Supremes

2 Fresco Crunchy Tacos

Gordita Any Kind

Chipotle

Salad Bol
Chicken, Steak or Fajita Veggies
Black Beans, Green Chili Salsa
No Tomato or Corn Salsa,
No Sour Cream or Guacamole
No Dressing or Cheese

Tips

HOLD sauces, mayo, guacamole, sour cream, whipped cream

AVOID fried, crispy, breaded items

TOSS half the bun, breaded coating

USE mustard, salsas, fat-free, low-fat

PILE ON lettuce and veggies

DRINK water or diet soda with no caffeine

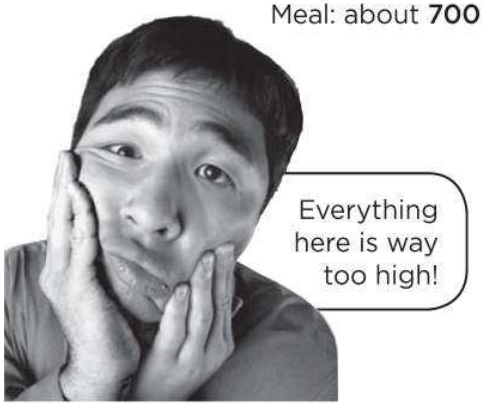
Just to Remind You Why You

Don't Want Fast Food

To stay out of the hospital, eat no more than these totals **in a whole day:**

Sat Fat **15**	about **5** a meal
Sodium **1500***	about **500*** a meal
Carbs **150**	about **50** a meal

*Sodium limits are higher if you don't have heart disease. Daily: **2300** Meal: about **700**

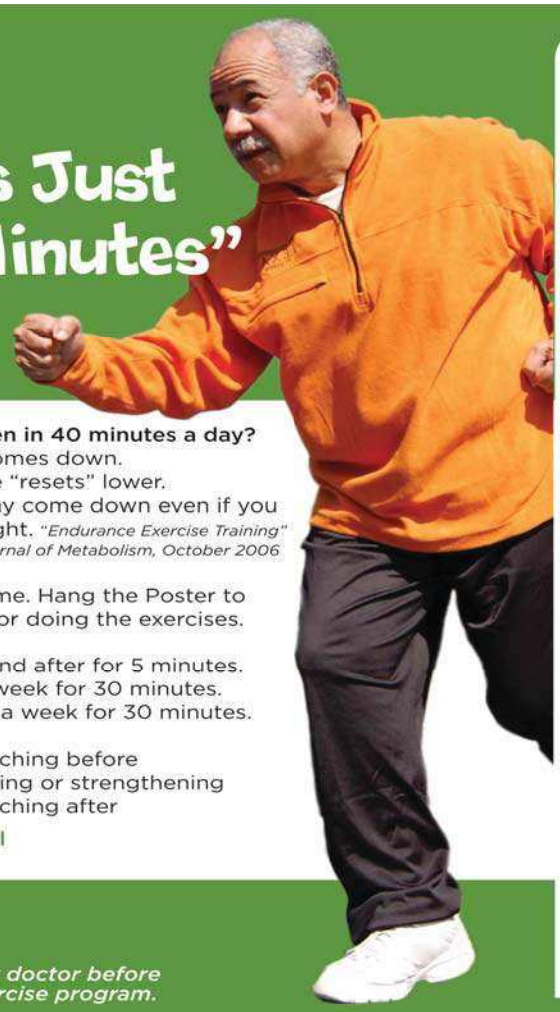


Mention of specific companies herein does not imply endorsement or sponsorship by Communication Science, Inc., nor does mention of such companies imply that they endorse this guide.

		Sat Fat	Sodium	Carbs
Burger King	Whopper	11	1020	51
	Grilled Chicken Sandwich	4	1220	51
	Grilled Chicken Garden Salad Light Italian Dressing	5	1230	14
	Medium French Fry	5	820	61
Chipotle	Chicken Burrito Pinto Beans, Salsa, Cheese and Sour Cream	17.5	1574	75
	Steak Burrito Black Beans, Salsa	5	1898	71
	Chips and Guacamole	5	740	83
McDonald's	Cheeseburger	6	750	33
	McChicken	3	830	40
	Southwest Salad Grilled Chicken and Southwest Dressing	4	1300	41
	Medium French Fry	2.5	270	48
KFC	Spicy Crispy Breast	5	1250	12
	Potato Wedges	2.5	740	33
	Biscuit	6	530	23
Panda Express	Chicken Potstickers (3) with Potsticker Sauce	10	1290	69
	Chow Mein	2	1060	61
	Fried Rice	4	900	85
	Steamed Rice	0	0	93

		Sat Fat	Sodium	Carbs
Pizza Hut	6" Personal Pan Cheese	20	2280	108
	2 Slices Medium Cheese	9	1140	42
Starbucks	Apple Bran Muffin	2.5	520	64
	Lowfat Raspberry Muffin	1.5	500	65
	Pumpkin Scone	9	280	78
	White Chocolate Mocha Non-Fat, No Whip	3.5	190	47
Subway	Cookie, Chocolate Chip	6	150	30
	6" Meatball Marinara	11	1590	63
	6" Sweet Onion Teryaki	1	780	26
Taco Bell	Burrito Supreme Chicken	5	1370	50
	Chicken Quesadilla	12	1420	40
	Crunchwrap Supreme	7	1400	68
Wendy's	Cheeseburger	8	940	43
	Chicken Caesar Salad Caesar Dressing, Croutons	4	1015	18
	Medium French Fry	4	380	56
Drinks	32 oz. Coke	0	132	108
	32 oz. Pepsi	0	80	112
	32 oz. Fanta Orange	0	140	140
	32 oz. Sprite	0	188	104

"It's Just 40 Minutes"



What can happen in 40 minutes a day?
- Blood sugar comes down.
- Blood pressure "resets" lower.
- Cholesterol may come down even if you don't lose weight. *"Endurance Exercise Training" Journal of Metabolism, October 2006*

Pick a regular time. Hang the Poster to see good form for doing the exercises.

Stretch before and after for 5 minutes.
Stride 5 days a week for 30 minutes.
Strength 2 days a week for 30 minutes.

5 minutes stretching before
30 minutes striding or strengthening
5 minutes stretching after
40 Minutes Total

Check with your doctor before you start an exercise program.

Stretch

Check magazines, books and friends for new ideas on how to stretch. Just make sure you have a stretch for all four parts each time: Arms High, Arms Low, Legs High, Legs Low.

Stride

Invite a friend along. A Moves Buddy helps you get out day after day. You know someone's waiting for you. *If you miss a day from time to time, don't stop or punish yourself. Just keep moving!*

Strength

You need weights. A weight is right when you can lift it only 15 times—and that last time you strain and grit your teeth. *Most people start with 2 pounds.* You can buy weights or make your own: Put two one-pound bags of beans in a larger bag.

Get Ready

Keep these 5 things in one place, ready to go:

Shoes Comfortable, the right size, canvas or soft leather.

Socks Soft, the right size, without seams.

Shirt and Pants Loose and comfortable.

Water Bottle Sip before, along the way and after.

Wristwatch Time yourself out and back.

The New Log Book reminds you to ask your doctor what blood sugar score is too high to exercise and how low is OK when you finish.

Test 30 minutes before you start. A score over 99 means "good to go." If it's lower, wait until the Meds wear off a little.

Test when you finish. If it's too low, eat a carb portion, like a granola bar.

If outdoors is not safe, find another place: a school gym, a church multi-purpose room or a shopping mall. Call City Hall or a community center: Ask about a walking club. If there isn't one, start one.

If you want to do something, **nothing** is too hard.
If you don't want to do it, **everything** is too hard.

Stride 5 Days a Week

Strides are *whole body actions*: Dance, Sports, Bicycle. Most people don't dance or do sports five days a week. To log five days, most of us need a **Walking Plan.**

Walk 15 minutes out and 15 back. If you can't do 15 minutes at first, use the chart "3 Weeks to 30 Minutes."

When you get up to 30 minutes, use the last 5 to slow down. Bring your heart rate down before you stop.

Now you're ready for more:

1. Every town has fire hydrants and lamp posts. See how many you pass in 15 minutes.
2. Every few days, reach at least one more hydrant or pole before you turn back.

You'll have to move a little faster! If you can't talk while you walk, slow down.

3 Weeks to 30 Minutes

		Out	Back
Week 1	Day 1	4 minutes	4 minutes
	Day 2	5 minutes	5 minutes
	Day 3	6 minutes	6 minutes
	Day 4	7 minutes	7 minutes
	Day 5	8 minutes	8 minutes
Week 2	Day 1	9 minutes	9 minutes
	Day 2	10 minutes	10 minutes
	Day 3	11 minutes	11 minutes
	Day 4	12 minutes	12 minutes
	Day 5	13 minutes	13 minutes
Week 3	Day 1	14 minutes	14 minutes
	Day 2	15 minutes	15 minutes

Remember to Stretch before and after.
Open this poster for Stretches.

How to "Exercise Right"

Strength 2 Days a Week

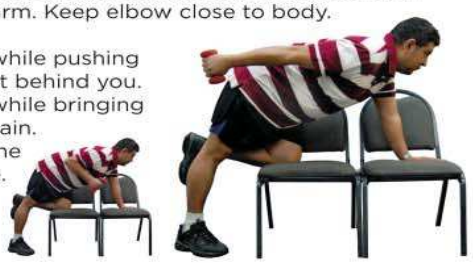
DAY 1 Arms Forward and Back
Do each move 15 times.

Arms Forward
Hold weight in your right hand.
Elbow tight to side.
Shoulders up and back.

Count to 5 while pulling up to the shoulder.
Count to 5 while letting it down again.
Do both arms at once or do first one and then the other.

Arms Back
Left hand and knee on chairs. Knee under the hip.
Hand under the shoulder. Back level with the floor.
Bend right arm. Keep elbow close to body.

Count to 5 while pushing the weight behind you.
Count to 5 while bringing it back again.
Repeat on the other side.



DAY 2 Legs Forward and Back
Do each move 15 times.

Legs Forward
Balance weight on ankles.
Sit straight, arms crossed on your chest.

Count to 4 while pulling legs up together.
Count to 4 while letting them down.

Don't "lock" the knees.

Legs Back
Hold a weight in each hand.
Feet shoulder width apart.
Don't lock the knees.

Count to 4 while bending knees to squat.
Hold the position.
Count to 4 while pushing legs back to standing.

Keep the back straight.

Stretch Before and After

DAILY Arms and Legs High and Low
Hold while you count to 20.

Arms High
Reach to the sky with right arm.
Drop hand to your back.
Grab the elbow with the left hand behind your head.
Pull to the left, but don't lean yet—let the hand slide down on your back.
Now lean left. Repeat on the other side.

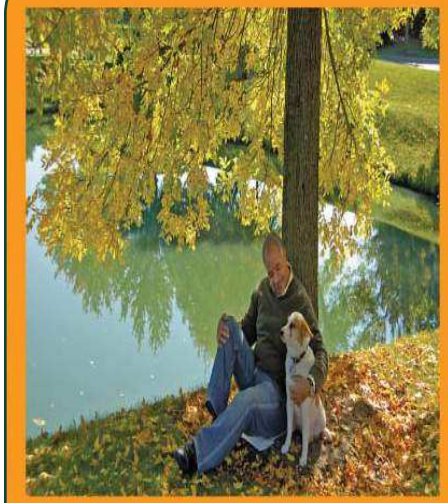
Arms Low
Reach right arm across chest.
Bend left arm up, pressing upper right arm between shoulder and elbow.
Look to the right, turning your head as far as it will go.
Repeat on the other side.

Legs High
Steady yourself on a wall with your left hand, if you need to.
Grab your ankle and stand up straight, keep your knee down.
Pull the ankle up as far as it will go.
Keep your leg straight down, knees next to each other.
You're stretching the muscle on the top of your leg.
Repeat on the other side.

Legs Low
Take a big step forward with right leg.
Keep heels on the ground.
Bend the right knee and lean forward.
Don't let your knee go past your toes.
Repeat on the other side.

One set of 15 with the right weight is enough.
If it's easy, add pounds until 15 times is hard.

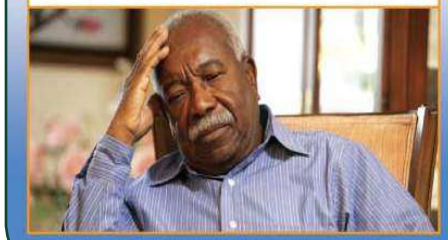
Breathe while you stretch.
Resist the impulse to hold your breath.



Five Steps From *Stress to Calm*

Stress is getting to you when:

- Headaches come often
- You are easily distracted
- Others say you're "touchy"
- Sleep won't come at night
- Breathing is hard
- It all seems so hopeless



1 Breathe

- Close your eyes
- Breathe in while you count to 5 and raise your shoulders up and back
- Breathe out while you count to 10 and slowly lower your shoulders
- Repeat 5 times

2 Stretch

- Lace your fingers, palm in
- Reach to the ceiling, palms down
- Turn your palms up, reach higher
- Lean to the left
- Lean to the right

- Lift legs
- Turn feet in circles

- Roll head to the left
- Roll head to the right

FOLD HERE

3 Sleep

Don't lie awake. Try:

- A warm shower
- Warm socks
- Making the room dark
- Imagining...
  What *makes you laugh*
  A dream come true

4 Act

Whatever your stress...

Task too big?
Break it down. Get help.

Nervous?
Cut out coffee and sugar.

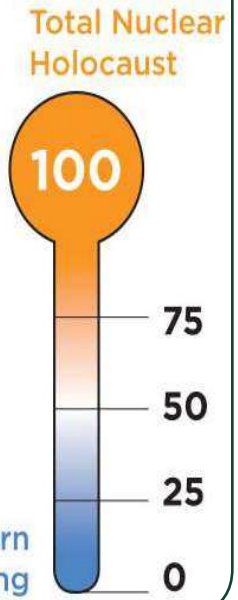
Made a mistake?
Admit it and move on.

Overwhelmed?
Make a To-Do list.

No time? Say NO—
suggest someone else.

5 Rate

Where does today's stress rate on this meter?

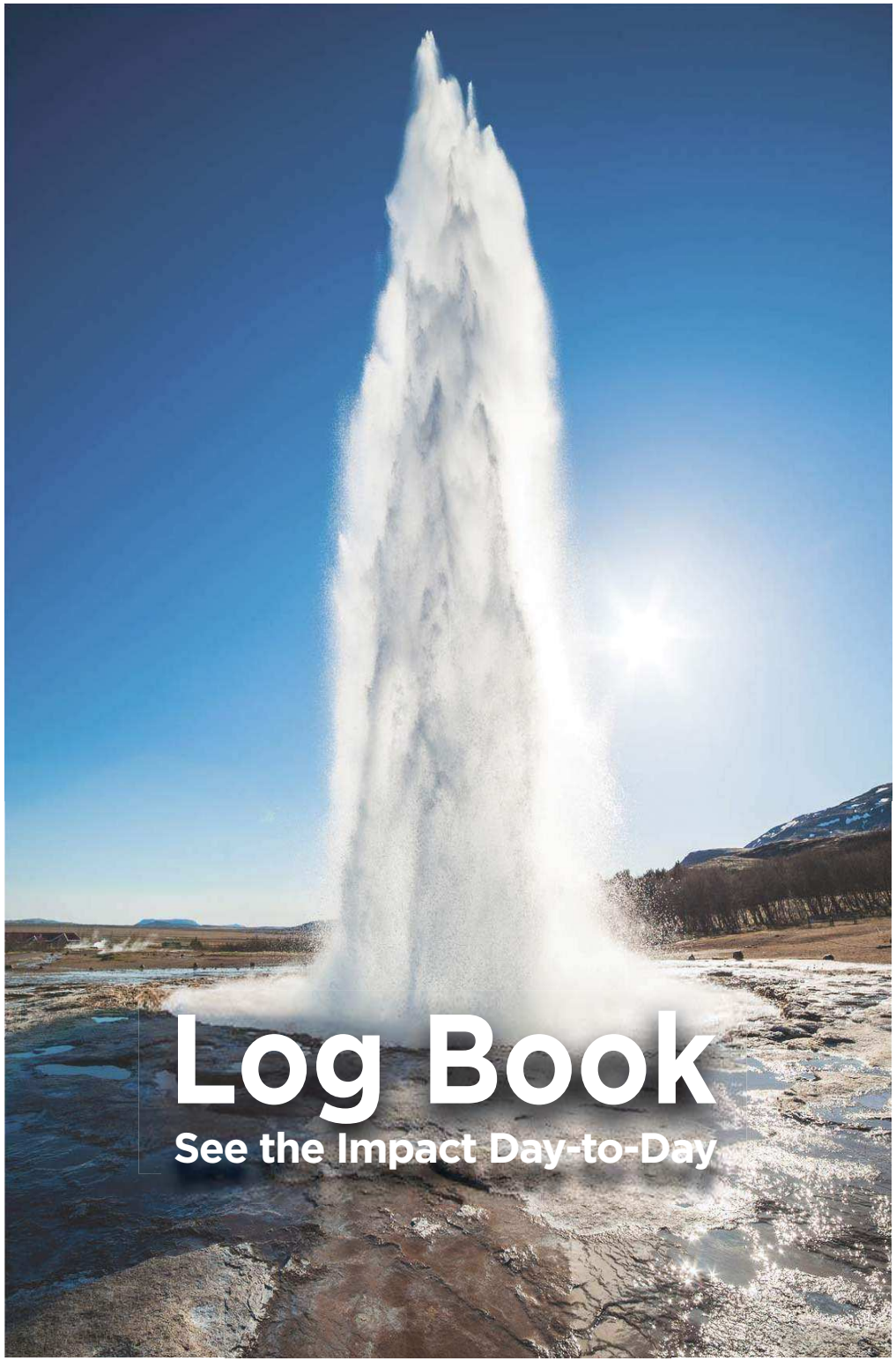


When stress hits, you have

3 things for your *body*
- **B**reathe
- **S**tretch
- **S**leep

2 things for your *mind*
- **A**ct
- **R**ate

Five Steps from Stress to Calm: **BSSAR.** To do anything else would be *bizarre.*



Names and Numbers

Coach_____

Doctor_____

Doctor_____

Nurse_____

Nurse_____

Pharmacy_____

Emergency_____

Please return this book to:

_____

_____

_____

_____

Why Use the Log Book:

You can figure out your own body! You'll see exactly how your body responds when you do your tasks every day—and when you don't. No more guessing.

It takes about 6 months to see the change in your score. While you wait for the next test, track your daily tasks—you'll have notes to see which actions affect your scores the most.

Show the Log Book to your doctor each visit. Then your doctor and you can make better decisions about your care.

The Log Book has four parts:

1. Questions to Ask the Doctor

2. **Performance Enhancers:**
   A list of vitamins, medicines and other things you take to boost your health.

3. **Long Term Performance Tests:**
   A record of test scores from your doctor from blood samples. You take the test at least once a year.

4. **Daily Tracking Charts:**
   The top of the chart shows blood pressure scores during the week.
   The bottom of the chart lists ten things to do every day to bring down scores.

1. Questions to Ask the Doctor Every Visit

ABOUT BLOOD PRESSURE	VISIT 1	2	3	4
How often do I take it?				
What should the number be: Top				
Bottom *Less than 120/80 is good for most people*				
ALARM - I should call if the number is more than: Top Number				
Bottom Number				
What should my pulse be? *Most people want 80 or less*				
ABOUT FOOD				
How many calories a day?				
How much **salt** in one day? *Most people want 2400mg or less*				
Is a salt substitute with **potassium** OK?				
How often do I weigh myself?				
What weight is good for me? _____ *lbs ?*				
ABOUT EXERCISE				
What kind should I do?				
How long each time?				
How many times a week?				
What about sex?				

2. Performance Enhancers

ABOUT PILLS
Allergies _____
Tell the doctor if you are nursing, pregnant or plan on becoming pregnant.

KIND	NAME	HOW MUCH TO TAKE	WHEN TO TAKE IT
DIURETIC			
ACE INHIBITOR			
BETA BLOCKER			
CA CHAN BLOCKER			

KIND	NAME	HOW MUCH TO TAKE	WHEN TO TAKE IT
STATINS			
FIBRATES			
OTHER			
VITAMINS HERBS			

3. Long Term Performance Tests

A LIPIDs test tells how many units of fat are in a sample of blood. Write your test scores in the table below.

Ask the Doctor
- How often should I get tested?
- Are my numbers getting better?
- Is my weight OK?
- Do I need pills, can I cutback or stop any?
- I'm exercising more. Should I be careful of anything?

BLOOD TESTS	*Scores you want to see*	Results/ Date	Results/Date
Total Cholesterol	*Less than 200*		
HDL (Good)	*Women: more than 50 Men: more than 40*		
LDL (Bad)	*Less than 100*		
Triglycerides	*Less than 150*		
Hemoglobin A1c	*Less than 7*		

4. Daily Tracking Charts

Each week, start by filling out the two "Ws" —*Week of and Weight* at the top of the weekly Tracking Chart.

Week of: 5 / 28 *Weight:* 165lbs

Sun Mon Tue Wed Thur Fri Sat

Sample Tracking Chart *Week of:* 5 / 28 *Weight:* 165lbs

			Sun
Pressure	Top	120	121
	Bottom	80	84
Pulse		80	73
Keeps Salt Out			Pills ✓
			New Flavors
Stretch Out the Arteries			Stretch ✓
			Stride or Strength: (Walk 1/2 mile)
			Relax ✓
			8 #of Cigs
Clear Out the Cholestrol			Pills ✓
			Good Fat ✓
			Loose Belt ✓
			Fiber ✓

Each day, fill out its column by following these instructions:

Write on gray if **over 120**
Write on white if **under 120**
Write on gray if **over 80**
Write on white if **under 80**
Write your **pulse** on gray

Check if you took your medicine

Write what new flavors you tried

Check if you stretched before and after you exercised

Circle which kind of exercise you did today
Write how much you did:
- If you took strides, how far or how long?
- If you lifted weights, how many pounds?

Check if you remembered to Be a Friend, Breathe, Stretch or Sleep

If you smoke, write how many cigs you smoked today

Check if you took your medicine

Check if you ate good fat, avoided animal fat and processed meats

Check if you ate for a loose belt

Check if you ate whole grains, fruits and veggies

Sample Day for John

Use the sample chart to know how John started his week.

Sunday wasn't a good day. He didn't check off many tasks.

- **Tasks he checked or circled:** He took his pills, used the right fat, didn't overeat, walked half a mile.
- **Tasks he couldn't check off:** He didn't eat fiber, didn't stretch, didn't relax and he did smoke.

On Monday:

Did John take his pills? Y N
Did he eat fiber? Y N
Did he stretch? Y N
Any new flavors: Y N
Did he exercise? Y N
Did he smoke? Y N
What else did he miss? _____

Tuesday

Was it a good day? Y N
What kind of exercise did he do? _____
How many tasks did he do? _____
How many tasks did he miss? _____

Sample Chart for John *Week of:* 5 / 28

			Sun	Mon	Tue
Pressure	Top	120	121	132	130
	Bottom	80	84	84	82
Pulse		80	73	80	79
Keeps Salt Out			Pills ✓	Pills ✓	Pills ✓
			New Flavors	New Flavors	New Flavors
Stretch Out the Arteries			Stretch	Stretch	Stretch
			Stride or	Stride or	Stride or
			Strength: *Walk 1/2 mile*	Strength: *Dance 15mins*	Strength: *5 lbs* ✓
			Relax	Relax	Relax
			8 #of Cigs	5 # of Cigs	6 #of Cigs
Clear Out the Cholestrol			Pills ✓	Pills ✓	Pills ✓
			Good Fat ✓	Good Fat ✓	Good Fat ✓
			Loose Belt ✓	Loose Belt	Loose Belt ✓
			Fiber	Fiber	Fiber ✓

My First Tracking Chart *Week of* ___/____ *Weight:* ____

			Sun	Mon	Tue	Wed	Thur	Friday	Sat
Pressure	Top	120							
	Bottom	80							
Pulse		80							
Keeps Salt Out			Pills	Pills	Pills	Pills	Pills	Pills	Pills
			New Flavors	New Flavors	New Flavors	New Flavors	New Flavors	New Flavors	New Flavors
Stretch Out the Arteries			Stretch	Stretch	Stretch	Stretch	Stretch	Stretch	Stretch
			Stride or Strength:	Stride or Strength:	Stride or Strength:	Stride or Strength:	Stride or Strength:	Stride or Strength:	Stride or Strength:
			Relax	Relax	Relax	Relax	Relax	Relax	Relax
			__#of Cigs	__ # of Cigs	__#of Cigs	__ # of Cigs	__ # of Cigs	__ # of Cigs	__ # of Cigs
Clear Out the Cholestrol			Pills	Pills	Pills	Pills	Pills	Pills	Pills
			Good Fat	Good Fat	Good Fat	Good Fat	Good Fat	Good Fat	Good Fat
			Loose Belt	Loose Belt	Loose Belt	Loose Belt	Loose Belt	Loose Belt	Loose Belt
			Fiber	Fiber	Fiber	Fiber	Fiber	Fiber	Fiber

Tracking Chart *Week of: ____ /____* *Weight: _____*

		Sun	Mon	Tue	Wed	Thur	Friday	Sat
Pressure Top	120							
Pressure Bottom	80							
Pulse	80							
Keeps Salt Out		Pills	Pills	Pills	Pills	Pills	Pills	Pills
		New Flavors	New Flavors	New Flavors	New Flavors	New Flavors	New Flavors	New Flavors
Stretch Out the Arteries		Stretch Stride or Strength:	Stretch Stride or Strength:	Stretch Stride or Strength:	Stretch Stride or Strength:	Stretch Stride or Strength:	Stretch Stride or Strength:	Stretch Stride or Strength:
		Relax	Relax	Relax	Relax	Relax	Relax	Relax
		__#of Cigs	__ # of Cigs	__#of Cigs	__ # of Cigs	__ # of Cigs	__ # of Cigs	__ # of Cigs
Clear Out the Cholestrol		Pills	Pills	Pills	Pills	Pills	Pills	Pills
		Good Fat	Good Fat	Good Fat	Good Fat	Good Fat	Good Fat	Good Fat
		Loose Belt	Loose Belt	Loose Belt	Loose Belt	Loose Belt	Loose Belt	Loose Belt
		Fiber	Fiber	Fiber	Fiber	Fiber	Fiber	Fiber

MAKE COPIES

Tracking Chart *Week of: ____ /____* *Weight: _____*

		Sun	Mon	Tue	Wed	Thur	Friday	Sat
Pressure Top	120							
Pressure Bottom	80							
Pulse	80							
Keeps Salt Out		Pills	Pills	Pills	Pills	Pills	Pills	Pills
		New Flavors	New Flavors	New Flavors	New Flavors	New Flavors	New Flavors	New Flavors
Stretch Out the Arteries		Stretch Stride or Strength:	Stretch Stride or Strength:	Stretch Stride or Strength:	Stretch Stride or Strength:	Stretch Stride or Strength:	Stretch Stride or Strength:	Stretch Stride or Strength:
		Relax	Relax	Relax	Relax	Relax	Relax	Relax
		__#of Cigs	__ # of Cigs	__#of Cigs	__ # of Cigs	__ # of Cigs	__ # of Cigs	__ # of Cigs
Clear Out the Cholestrol		Pills	Pills	Pills	Pills	Pills	Pills	Pills
		Good Fat	Good Fat	Good Fat	Good Fat	Good Fat	Good Fat	Good Fat
		Loose Belt	Loose Belt	Loose Belt	Loose Belt	Loose Belt	Loose Belt	Loose Belt
		Fiber	Fiber	Fiber	Fiber	Fiber	Fiber	Fiber

References

All information reflects the guidelines and standards of national heart authorities. In case of conflict, the more conservative position and/or the source with the preponderance of studies was followed.

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CUT ON DOTTED LINE

What You Need in an Emergency

Emergency Contacts

Name

Number

Doctor

Specialty

Number

Doctor

Specialty

Number

Doctor

Specialty

Number

FOLD HERE

Meds List

	Dose	When

Emergency Card

If I can't tell you what's wrong,
it's probably my **heart condition.**

Please call **911** or
my emergency number.

_____ – _____ – _____

Allergies: _____

_____

_____

CUT ON DOTTED LINE

CUT ON DOTTED LINE

CUT ON DOTTED LINE

CUT ON DOTTED LINE

CUT ON DOTTED LINE

How to Take Your Blood Pressure - *Arm Cuff*

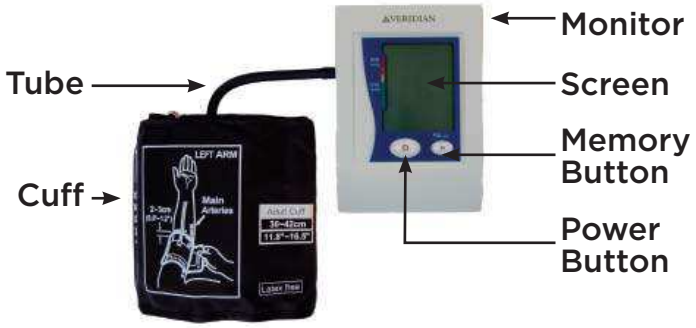
Get Ready

Have the Log Book and a pen or pencil.

Relax for 30 minutes if you just:

- Had a smoke
- Drank alcohol or caffeine
- Exercised
- Had a bath or shower
- Ate anything
- Took medicine

Know the names of the parts of the Monitor.

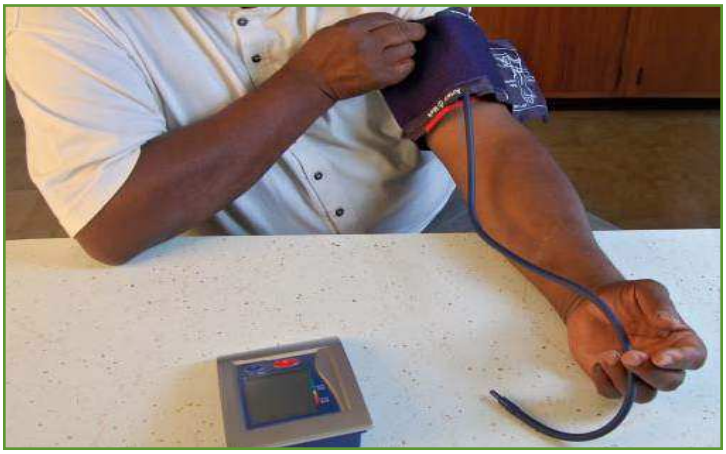


Put on the Cuff

Bare your arm. Take your clothes off if pushing the sleeve up makes it tight on your arm. Put both feet flat on the floor.

The heart is on the left side of the chest. So check your pressure on the left arm—unless the doctor says to use the right.

1. Open the cuff so the metal bar can slide. Turn it so you can read the words.



2. Slip your arm through the cuff. Pull it up until the red band is one inch above the bend at your elbow.

3. Turn the cuff so the tube runs over the bend at your elbow, down to your palm.

4. Reach over your arm to grab the flap. Pull it until the cuff is snug.

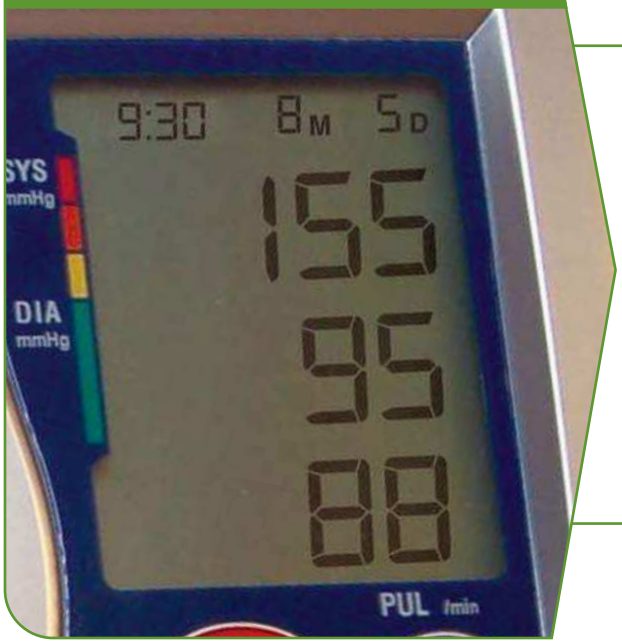
   While you pull, keep the bottom red edge an inch above your elbow and the tube straight down your arm. Note the letters "OK" on the cuff inside your arm.

5. Stick the flap to the cuff. Check the fit:

   Does the arrow by the word INDEX *point to OK? If not, you need a different size cuff. Call 1-877-CAREKIT to order one.*

   Can you squeeze two fingers (no more, no less) under the red band? If not, pull and stick the cuff again.

The Numbers



Now you have three numbers on the screen.

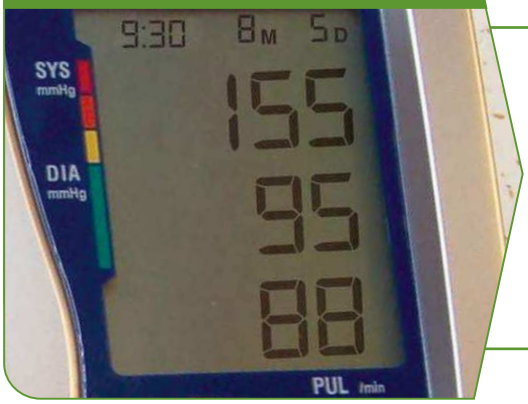
Top - How hard the heart pushes on each beat.
A good number is 120 or less.

Middle - How hard the blood flows between beats.
A good number is 80 or less.

Bottom - How many beats in one minute.
A good pulse is 69 or less.

If you want to take another reading, wait 15 minutes.
The pressure in your arm needs to go back to normal.

Track Your Score



Open the Log Book to this week.
Find the line for *Blood Pressure.*
Write the:
- Top number before the slash
- Middle number after the slash

Find the line for *Pulse.*
Write the Bottom number here.

Blood Pressure	155 / 95
Pulse	88

See the Trend

When you have at least three readings, look for the **trend.**

Ask yourself:
- Are the numbers getting closer to 120/80 or farther away?
- Are numbers getting more regular or are they jumping high and low?

Blood Pressure	155 / 95	153 / 94	152 / 94
Pulse	88	87	85

If the numbers are going down and getting more regular it's probably because you're doing a good job relaxing and avoiding salt and fat.

How to Take Your Blood Pressure - *Wrist Cuff*

Get Yourself Ready

Prepare for a Good Reading

Relax for 30 minutes if you just did any of these things:

- Had a smoke
- Drank alcohol or caffeine
- Had a bath or shower
- Exercised
- Ate anything
- Took medicine

Prepare to Track the Score

Have your Log Book and a pen or pencil handy.

Take a Reading

Put on the Wrist Cuff

The cuff you have fits a wrist from 5 to 8 1/4 inches. Is this you? If not, call your nurse or coach for a new machine.

*The heart is on the **left** side of the chest. So use your **left** wrist to catch the best heart signal—unless you have a medical problem on the left. Ask your doctor if you should use the right side.*

1. Take off any clothing or jewelry on your left arm. *These could block the heart signal.*

2. Sit at a table with your feet flat on the floor. Rest your left elbow on the table, palm up.

3. Lay the Monitor on the inside of your wrist: Screen up, buttons on the right.

4. **Before you close the strap**, lay the side of one finger at the base of your palm. Move the Monitor up or down to touch the finger.

This places the Monitor sensors where they can best catch the heart signal in your wrist.

5. Hold the Monitor in place with your right thumb. Pull the loose end of the cuff around, close to the screen. Press to stick.

The cuff should fit snugly.

What the Numbers Mean

Your BLOOD PRESSURE SCORE is two numbers in the middle of the screen

Top Number = How hard the heart pushes blood on each heart beat. *A good number is 120 or less.*

Bottom Number = How hard the blood keeps on pushing when the heart rests between beats. *A good number is 80 or less.*

Next you see, at the bottom of the screen, your PULSE
Some people call it your HEART RATE.
Others put the two names together: PULSE RATE

Pulse = How many times your heart beats in one minute. *A good number is 80 or lower.*

*The three numbers together are one "**reading**:"*
Top Number, Bottom Number and Pulse.

Track Your Scores

In the Log Book

Working on blood pressure is a lot like getting better at a sport. You practice and then test yourself. Practice and test. If you practice well, the scores should get better.

Open the Log Book to this week's page.
Find the boxes for today's reading.

- Write the Top Number
  above the line if it's **more than** 120 or
  below the line if it's **less than** 120.
- Write Bottom Number
  above the line If it's **more than** 80 or
  below the line if it's **less than** 80.

Find the box for *Pulse.* Write it there.

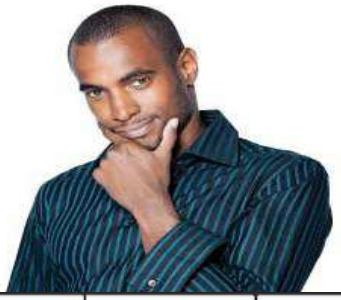
When you have three or more readings, check:

- Are the numbers getting *closer* to 120, 80 and 70 or farther away?
- Are the numbers getting more *steady* or jumping high and low?

"How things are going" is the ***trend.***
The sample to the right shows a ***trend*** **of lower numbers**. *This guy's getting better!*
Knowing the numbers lets you see the trend and puts you in control.

Log Book Page

Pressure	Top	120	136		
	Bottom	80	86		
Pulse		80	71		



Pressure	Top	120	137	133	
					118
	Bottom	80	89		
				78	76
Pulse		80	74	73	72

How to Stop Smoking

The Four-Day Flush Using Simple Foods

Smoking puts ***Nicotine*** in your body. Nicotine is a drug. You are addicted to a drug.

To get the nicotine out, follow the **4-Day Flush** plan. You'll be 90% nicotine-free at the end.

Don't wait till the pack is done or "life settles down." There's never a perfect time to stop smoking.

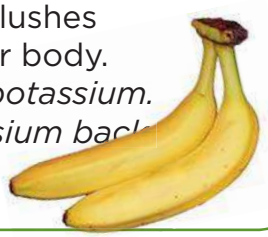
The Four-Day Flush Plan

Drink Cranberry Juice

At least 1 cup a day
Make sure it's sugar-free. Cranberry juice grabs the nicotine and flushes it out of your body.

Eat A Banana

Cranberry juice also flushes potassium out of your body.
But the heart needs potassium. A banana puts potassium back



Don't Eat Starch

Starch turns into **sugar.**
Instead, eat 100% whole grain bread, cereal and pasta.

Don't Eat Sugar

Sugar turns into **fat.**
Instead, eat treats like sugar-free gelatin and frozen yogurt.

Don't Eat Fat

Fat hangs on to the nicotine.
Instead, eat lean meat and fish, with veggies.

DAY 1

- Go Shopping
- Follow the Flush Plan
- Exercise

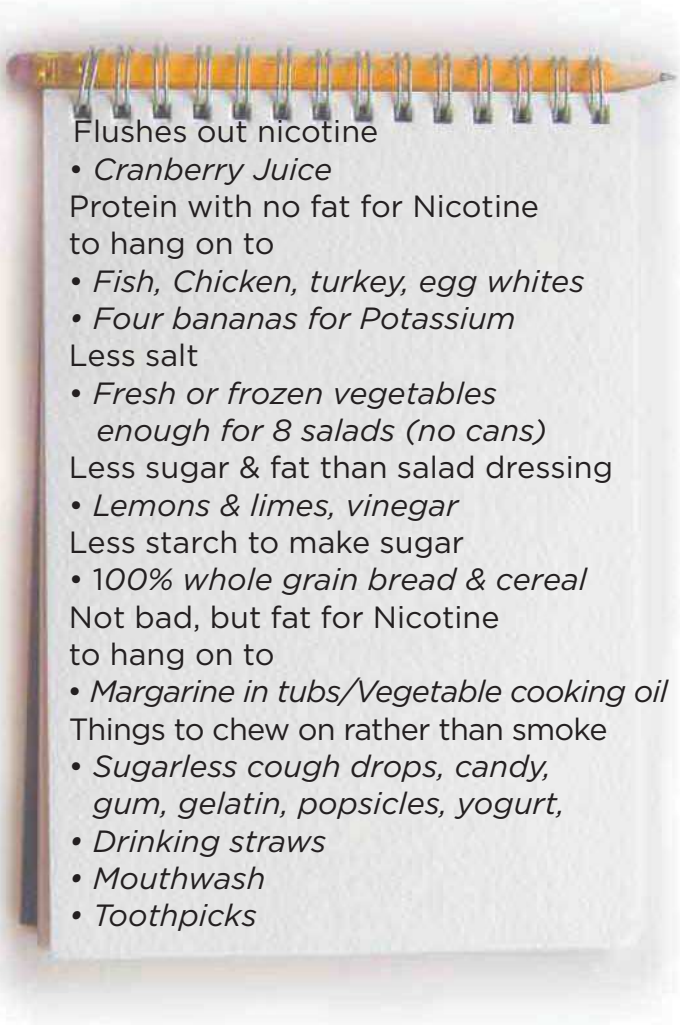
In 20 Minutes:

Your blood pressure goes down.

In 12 Hours:

Carbon monoxide levels in your body drop; you have more oxygen in your lungs.

Shopping List



Flushes out nicotine
- *Cranberry Juice*

Protein with no fat for Nicotine to hang on to
- *Fish, Chicken, turkey, egg whites*
- *Four bananas for Potassium*

Less salt
- *Fresh or frozen vegetables enough for 8 salads (no cans)*

Less sugar & fat than salad dressing
- *Lemons & limes, vinegar*

Less starch to make sugar
- *100% whole grain bread & cereal*

Not bad, but fat for Nicotine to hang on to
- *Margarine in tubs/Vegetable cooking oil*

Things to chew on rather than smoke
- *Sugarless cough drops, candy, gum, gelatin, popsicles, yogurt,*
- *Drinking straws*
- *Mouthwash*
- *Toothpicks*

DAY 2

- Follow the Flush Plan
- Exercise
- Work through Withdrawal

In 48 Hours:

Your chance of having a heart attack drops.

Work Through Withdrawal

What You Feel	Why You Feel It	What You Can Do
Angry, Anxious	You're giving something up!	Relax. Do things that make you happy!
Coughing, Dry Mouth	Dirt in your lungs is coming up.	Use mouthwash. Suck cough drops. Sip some water. Chew gum.
Hungry, Weight Gain	Food tastes better and burns off slower.	Eat slowly. Take small bites and chew more.
Sluggish	Nicotine gave you energy.	Eat lean meat and exercise for more energy.
Confused	You need more oxygen.	Take deep breaths often.

DAY 3

- Follow the Flush Plan
- Exercise
- Work through Withdrawal
- Outwit the Cravings

In 72 Hours:

Your airways and arteries relax and open up. It's easier for the heart to pump. It's easier to breathe. You have more energy.

Outwit the Cravings

A sudden urge to smoke only lasts *three minutes* or less. Figure out what triggers your craving. Then either:

- Dodge the trigger or
- Distract yourself until the urge goes away.

Print 2 of the ***Dodge or Distract Plan*** to get you started.

DAY 4

- Follow the Flush Plan
- Exercise
- Work through Withdrawal
- Outwit the Cravings

In 4 Days:

90% of the nicotine is gone.
Anxiety peaks, then fades. You're clean.

Get It All Together

Today's the day for all 4 tasks all day long.

- Work through the feelings with the **Withdrawal Chart**.
- Figure out your triggers and how to dodge them on **Dodge or Distract Plan.**

If your first idea doesn't work, no problem. First ideas often don't. Try something else!

Remember **if you break down and smoke,** you have to start the 4-Day Flush over again.

Exercise

Why?

Exercise increases circulation so the nicotine gets flushed quicker. It relaxes and distracts from smoking.

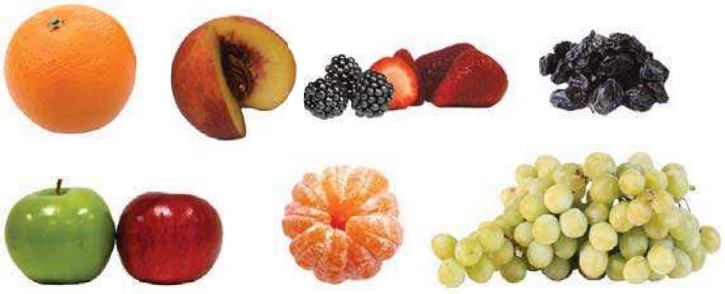
To Start:

- Breathe deep and stretch.
- Walk for a few minutes, as long as you can.

The Four-Day Flush is over. *What Now?*

Start to Eat Fruit

Do it only if you're feeling strong enough to not smoke. If you're unsure stick with the Meal Plan a few more days.



Make a *Ciggy Bank*

Save the money you would have spent on smokes. Use it for a special new purchase.

Keep up the Dodge & Distract Plan

Add familiar places or events that make you want to smoke and what to do instead.

Stay Alert

You are a smoke-a-holic. No matter how long you've been smoke-free, don't think you can safely take a puff.

One puff and you want another. One cigarette becomes two, two becomes a pack and then you're hooked again.

Instead, think:

The urge only lasts three minutes or less. I can resist that long!

The Long-Term High keeps getting better:

In 2-3 Weeks

- Your breath smells normal again.
- Blood is flowing easier.
- Lungs hold more air.
- Sex is better.

Within 9 Months

- All coughing and wheezing are gone.
- Your nose isn't stuffed up.

Long-Term

In 1 Year:
Your risk of a heart attack is cut in half.

In 5 Years:
Your risk of a stroke goes down so far it's as if you never smoked.

Dodge or Distract Plan

Trigger	Plan	Shopping List
Other people smoking	**Dodge:** Ask people not to smoke in your house. Move ashtrays outside.	
Playing cards	**Distract:** Have other mouth toys: Toothpicks or sugarless gum.	Toothpicks Sugarless Gum