



## My Action Plan to Prevent Heart Attacks and Strokes

To drive down preventable heart attacks, strokes, and diabetes, I will personally & professionally:

- \_\_\_ **Know My Numbers and teach others to know theirs** (keep Blood Pressure less than 130/80 [*optimally under 120/80*]; LDL Cholesterol less than 100 [less than 70 if heart disease is present]; HbA1c Blood Sugar less than 8. If coronary calcium score is greater than 0, discuss treatment such as statin and aspirin with doctor).
- \_\_\_ **Take necessary evidence-based medications** (e.g. Statin, Blood Pressure & Diabetes medications *if prescribed by doctor/ clinical team*. Monitor doses to reach targets to prevent heart attacks, strokes, or diabetic complications).
- \_\_\_ **Get preventive screenings to protect my heart, brain and body** (e.g. Blood Pressure; LDL Cholesterol; & Blood Sugar levels; & after age 40, *especially if family history*, Heart CT scan to check Coronary Calcium score).
- \_\_\_ **Monitor blood pressure at home** using a home blood pressure monitor (if blood pressure is elevated).
- \_\_\_ **Switch to a Plant- Centric Mediterranean Whole Foods eating (Fish, Vegetables, Fruits & Nuts; low salt, meat and cheese used as spice);** or CDC's Dietary Approaches to Stop Hypertension (DASH) diet
- \_\_\_ **Exercise 30 minutes every day, 7 days a week** (minimum of at least 150 minutes every week).
- \_\_\_ **Reduce stress & improve sleep quality** (sleep 7-8 hours per night, and cultivate activities that lift your spirits).
- \_\_\_ **Ask** a doctor if help is needed to stop smoking, drugs or alcohol.



## My Team Action Plan to Prevent Heart Attacks and Strokes

- Name of physician with whom I will discuss my prevention plan for stroke and heart attack (including potential need for medication reconciliation and potential titration to reach your targets of LDL Cholesterol less than 100; blood pressure less than 130/80 and HbA1c Blood Sugar less than 8).

Name: \_\_\_\_\_

Phone Number/email: \_\_\_\_\_

- Name of person who would take care of personal hygiene and finances if disabled by heart attack or stroke and unable to handle selfcare (unlikely if control targets for BP, LDL-Cholesterol and Blood Sugar met)\*

Name: \_\_\_\_\_

Phone Number/email: \_\_\_\_\_

- Name of the spiritual advisor, rabbi, priest, minister, friend or family member that you would want others to contact in the event of a health care crisis.

Name: \_\_\_\_\_

Phone Number/email: \_\_\_\_\_

***\*Most Heart Attacks, Strokes are Preventable if you take ACTION.***

Reduce chance of having a heart attack or stroke by following recommendations on the other side of this card.

Visit <https://RightCare.Berkeley.edu> for more information.