



My Action Plan to Prevent Heart Attacks and Strokes

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

- ___ **Know My Numbers and teach others to know theirs** (keep Blood Pressure less than 130/80 [*BP optimally under 120/80*]; LDL Cholesterol less than 100 [less than 70 if heart disease is present]; HbA1c Blood Sugar less than 8. If my coronary calcium score is greater than 0, discuss treatment such as statin and aspirin with my doctor).
- ___ **Take necessary evidence-based medications** (e.g. Statin, Aspirin, Blood Pressure medications *if prescribed by your care team* to reach targets to substantially lower risk of heart attack, stroke, or diabetic complications).
- ___ **Get preventive screenings to protect my heart, brain and body** (e.g. Blood Pressure; LDL Cholesterol; and Blood Sugar levels; and after age 40, *especially if family history*, Heart CT scan to test for Coronary Calcium build-up).
- ___ **Monitor blood pressure at home using a home blood pressure monitor** (if blood pressure is elevated).
- ___ **Switch to Mediterranean whole foods eating (fish, vegetables, fruits & nuts; low salt, and rich in potassium and magnesium);** or try the **USCDC Dietary Approaches to Stop Hypertension (DASH diet)**
- ___ **Exercise 30 minutes every day, 7 days a week** (minimum 3 days a week).
- ___ **Reduce stress and improve sleep quality** (sleep 7-8 hours per night).
- ___ **Spread the word. Encourage others to create their plan to prevent heart attacks and strokes.**



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 and 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.