

Healthy Heart Checklist— Adults



CLINICA
family health
303.650.4460 www.clinica.org

Dear _____,

DOB: _____,

Thank you for choosing Clinica Family Health for your health needs. At your last visit, your medical provider checked your risk for heart disease; including cholesterol and blood sugar. Some or all of your values are outside of normal range, increasing your risk for heart disease. Please see your values and suggestions for changes in your lifestyle below.

Lipids	Target Values	Date _____ Your Results	Date _____ Your Results	Date _____ Your Results
Cholesterol	Less than 200 mg/dl			
Triglycerides*	Less than 150			
HDL	Men: Greater than 40 Women: Greater than 50			
LDL	Less than 100 is Great Less than 130 is Good			
Blood Sugar (A1C)	If you don't have diabetes: Less than 5.7 If you do have diabetes: Less than 7			

*The goal for triglycerides is based on fasting values. If you were not fasting at the time of blood draw, your value may be up to 10% higher and your provider may decide that your value is acceptable.

- We will recheck your values in _____
- Please call to schedule a follow-up appointment at the clinic in _____
- Please add or change your current medications in the ways described below.
- A referral has been made to _____, you will hear from our referral case manager soon.
- If you would like to learn more about reducing your risk for heart disease, make an appointment with the Registered Dietitian.

Additional Comments: _____

General Recommendations For a Healthy Heart

- **If you smoke, stop smoking.** 1 year after quitting, your risk of heart disease drops by 50%⁴.

Call the Colorado Quit Line at 1-800-Quit-Now

Increase	Decrease/Eliminate
Whole grains like whole wheat bread, brown rice, whole grain pasta, quinoa	Processed grains like white bread, white pastas, flour tortillas, white rice
Fruits, Vegetables, Beans and Lentils	High sugar foods like cakes, cookies, sweet breads, sugary drinks like soda, juice, lemonade and chocolate milk
Healthy fats like extra virgin olive oil, avocado, nuts and seeds, fish from cold water (salmon, tuna, sardines)	Unhealthy fats like lard, butter, coconut oil and deep fried foods
Physical activity <ul style="list-style-type: none"> ✓ Aim for 30 minutes per day of vigorous exercise ✓ Increase your daily steps using a pedometer—aim for 10,000 steps 	If you are overweight or obese, lose weight <ul style="list-style-type: none"> ✓ Use a 9 inch plate to reduce portion sizes ✓ Losing 7% of your total bodyweight can help reduce your risk for disease

Elevated Total and/or LDL Cholesterol (also known as the “Bad Cholesterol”)—

- **Reduce the total amount of fat in your diet, especially sources of saturated and trans fat**
 - ✓ Avoid fats that are solid at room temperature like butter, coconut oil, stick margarine and lard.
 - ✓ Enjoy lean meats (skinless chicken or turkey and fish), limit beef and pork and avoid high fat meats (bacon, sausage, chorizo). A serving of meat is about the size of a deck of cards.
 - ✓ Choose low fat dairy products like 1% or skim instead of whole or 2%.
 - ✓ Read the ingredient list on your labels and avoid palm oil, coconut oil and the word “hydrogenated”.
 - ✓ Avoid fried foods, instead choose grilled, baked or roasted foods.
- **Swap unhealthy fats for healthy fats**
 - ✓ Cook with extra virgin olive oil at low temperatures and Canola oil or grapeseed oil at high temperatures
 - ✓ Include small amounts of avocado, nuts and seeds in your diet.
- **Reduce added sugar and refined carbohydrates in your diet**
 - ✓ The American Heart Association recommends that^{1, 2}:
 - Men have no more than 150 calories per day from added sugar (~9 teaspoons).
 - Women have no more than 100 calories per day from added sugar (~6 teaspoons).
 - A typical 12 ounce soda has 10 teaspoons of sugar.
 - ✓ Choose drinks that are naturally sugar-free like water, herbal teas, sparkling water.
 - ✓ Use **whole** grain bread, brown rice or **whole** grain pasta instead of processed grains.

- **Eat more fiber**
 - ✓ **Soluble fiber** binds to and pulls cholesterol out of the digestive system. Examples of foods rich in soluble fiber are: beans, lentils, corn, barley, oats, fruits, and vegetables.
 - ✓ Aim for at least **5 servings** of fruit and vegetables every day.
- You may take 1 tsp. Metamucil or psyllium with water 2 times a day. Fiber-1 is also a good option. You can buy these products over the counter at a pharmacy or grocery store.
- **Eat soy food products:** tofu, tempeh, soy milk, and fresh soy beans (called edamame).

Low HDL (also known as the "Good Cholesterol") HDL can protect your heart by capturing the bad cholesterol and removing it from the blood stream. Tips to increase your HDL:

- **Aerobic exercise** is the way to increase HDL. The exercise should be continuous for at least 20 minutes and should make you sweaty. Some good choices are brisk walking, hiking, rowing, and dancing. You can tell if you are exercising at an aerobic level if you can still talk but not sing without sounding out of breath.
- **Move more!** Buy a step-counter and try to walk 10,000 steps every day. Start by figuring out how many steps you usually take. Then add 1,000 to your usual number of steps every week until you get to at least 10,000. 1 mile equals approximately 2,000 steps.
- **Increase omega 3 fatty acids** You can find omega 3 fatty acids in these foods:
 - ✓ Coldwater fish: salmon, mackerel, sardines, tuna, herring. Eat 2-3 servings/week.
 - ✓ *Ground flaxseed* or flaxseed oil. Sprinkle a tablespoon or two on salads, oatmeal, yogurt, etc. Add a little to whatever you cook-breads, meatloaf, cookies. It is also a great source of fiber! *Ground flax seed* should be stored in the refrigerator and should not be heated.
 - ✓ Canola oil, walnuts and chia seeds.
 - ✓ Your provider may also recommend you supplement with Fish Oil capsules. If so, look for capsules with 1000 mg of omega 3 and contain DHA and EPA. Take one capsule twice a day. You can buy them at the Clinica pharmacy or any retail pharmacy. Store in the refrigerator or freezer to decrease fishy smell.

Elevated Triglycerides Triglycerides are a sticky substance made of both sugars and fats. It sticks to the inside of the arteries and speeds up heart disease. To lower your triglycerides:

- **Reduce refined carbohydrates and added sugar in your diet**
 - ✓ Limit/Avoid cookies, cakes, sweet breads, candies, sugary drinks (including juice), etc.
 - ✓ Use **whole** grain bread, brown rice, **whole** wheat pasta instead of processed grains (white bread, pastas, rice).
 - ✓ Reduce added sugar in your diet. The American Heart Association recommends that:
 - Men have no more than 150 calories per day from added sugar (~9tsp).
 - Women have no more than 100 calories per day from added sugar (~6 tsp).
 - A typical 12 ounce soda has 10 teaspoons of sugar.
 - ✓ Choose drinks that are naturally sugar-free like water, herbal teas, sparkling water.
- **Reduce the total amount of fat in your diet, especially sources of saturated and trans fat**
 - ✓ See the recommendations for reducing total cholesterol above for more details
- **Eliminate alcohol.** Even small amounts of alcohol can increase triglycerides.
- **Eat omega-3 rich foods.** Omega-3 fatty acids, EPA and DHA, help prevent heart disease by reducing inflammation. Sources of omega-3 fat include:
 - ✓ Coldwater fish: salmon, mackerel, sardines, tuna, herring. Eat 2-3 servings/week.

- ✓ *Ground flaxseed* or flaxseed oil. Sprinkle a tablespoon or two on salads, oatmeal, yogurt, etc. Add a little to whatever you cook—breads, meatloaf, cookies. It is also a great source of fiber! *Ground flax seed* should be stored in the refrigerator and should not be heated.
 - ✓ Also found in canola oil, walnuts and chia seeds.
 - ✓ Your provider may also recommend you supplement with Fish Oil capsules. If so, look for capsules with 1000 mg of omega 3 and contain DHA and EPA. Take one capsule twice a day. You can buy them at the Clinica pharmacy or a retail pharmacy. Store in the refrigerator or freezer to decrease fishy smell.
- **If you smoke, stop smoking. Call the Colorado Quit Line at 1-800-Quit-Now**

Elevated Blood Pressure

- **Follow suggestions listed above for healthy cholesterol.** Focus on limiting saturated fat and regular exercise.
- **Achieve a healthy weight**
 - ✓ Cut back on “empty” calories—avoid sugary drinks and snacks that are high in sugar or fat.
 - ✓ Use a nine inch plate or smaller at meal times to control portions.
- **Cut down on salt, also known as sodium**
 - ✓ Cut back on eating out, including fast food and in restaurants.
 - ✓ Limit processed meats, like bacon, deli meats, ham, and pepperoni.
 - ✓ Cook meals at home using herbs and spices instead of salt.
- **If you smoke, stop smoking.** 1 year after quitting, your risk of heart disease drops by 50% ⁴. Call the Colorado Quit Line at 1-800-Quit-Now.

Elevated Blood Sugar Controlling your blood sugar keeps your heart healthy

- **If you have diabetes, take your medication as prescribed**
- **Reduce added sugar and refined carbohydrates in your diet**
 - ✓ The American Heart Association recommends that^{1, 2}:
 - Men have no more than 150 calories per day from added sugar (~9 teaspoons).
 - Women have no more than 100 calories per day from added sugar (~6 teaspoons).
 - A typical 12 ounce soda has 10 teaspoons of sugar.
 - ✓ Choose drinks that are naturally sugar-free like water, herbal teas, sparkling water.
 - ✓ Use **whole** grain bread, brown rice or **whole** grain pasta instead of processed grains.
- **Aerobic exercise: 30 minutes per day five days per week.** The exercise should be continuous and make you sweaty. Some good choices are brisk walking, hiking, rowing, and dancing. You can tell if you are exercising at an aerobic level if you can still talk but are not able to sing.

References

1. Eckel RH, et al. (2013). 2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk. *AHA Journals*. Accessed November 14, 2017 from <http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437740.48606.d1.long>
2. Added Sugars. *American Heart Association*. Accessed October 24, 2017 from http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Added-Sugars_UCM_305858_Article.jsp#.WgtetYhlBPY.
3. Quanhe Yang, PhD, Zefeng Zang, MD, PhD, Edward W. Gregg, PhD, et al. (2014). Added Sugar Intake and Cardiovascular Diseases Mortality Among US Adults. *JAMA Intern Med* 516: (4) 174. Accessed November 14, 2017 from <https://www.ncbi.nlm.nih.gov/pubmed/24493081>.
4. Fact sheet about health benefits of smoking cessation. *World Health Organization*. Accessed November 14, 2017 from <http://www.who.int/tobacco/quitting/benefits/en/>.