

Coronary Artery Disease Stoplight Tool

<p>Every Day</p>	<ul style="list-style-type: none"> • Do not smoke. • Take medications as prescribed. • Maintain a healthy weight. • Eat healthy, a lot of fruits and vegetables. • Avoid foods high in salt (sodium), fat (especially trans fats) and cholesterol. • Avoid adding salt to your meals. • Exercise regularly (30 minutes, three times per week), start by walking. • Avoid stress. • Limit alcohol.
<p>Green Zone</p>	<ul style="list-style-type: none"> • No chest pain • Able to exercise for 30 minutes without chest pain or feeling “winded” • Following healthy diet • No problems from medications <p>ALL CLEAR! This zone is your goal. Keep up the good work!</p>
<p>Yellow Zone</p>	<ul style="list-style-type: none"> • You have more frequent or severe episodes of chest pressure or chest pain (especially while at rest). • The chest pressure causes sweating, shortness of breath or feeling sick to your stomach. • You are feeling lightheaded or dizzy. • You have chest pressure or pain that goes to your arm or neck. • You are taking nitroglycerin more frequently for chest pain or pressure (angina). <p>CAUTION! This zone is a warning and you should call your doctor.</p>
<p>Red Zone</p>	<ul style="list-style-type: none"> • Chest, neck or arm pressure, pain or tightness that does not go away with rest or after taking nitroglycerine. <p>EMERGENCY! Call 911 or have someone take you to the Emergency Room!</p>