

Coronary Artery Disease Action Plan

This **action plan** is a guide to help you manage the signs and symptoms of coronary artery disease. You and your provider should complete this plan together at your next visit. The three colors (zones), green, yellow and red, help you decide what to do.

Zone	Status	Symptoms	Actions
GREEN	<p>Green means you are doing well. Symptoms are STABLE.</p> <p>Your coronary artery disease is controlled.</p>	<ul style="list-style-type: none"> • feeling good overall • breathing without difficulty • tolerating activity • weight stable, no swelling 	<ul style="list-style-type: none"> • Continue regular routine. • Take medications as directed. • Follow a balanced diet. • Exercise regularly.
YELLOW	<p>Yellow means CAUTION.</p> <p>Your symptoms indicate you may need to talk with your provider.</p>	<ul style="list-style-type: none"> • decreased energy level or feeling very tired • more frequent or more uncomfortable episodes of chest pressure, even if relieved by medication • sudden weight gain of three pounds in one day or five pounds in one week • other symptoms of concern 	<ul style="list-style-type: none"> • Rest, monitor how you feel. • Take your prescribed medications as directed by your provider. • Call your provider.
RED	<p>Red means you may need help IMMEDIATELY! Symptoms are unstable.</p> <p>You need to be evaluated now if your yellow zone actions have not helped your symptoms improve.</p>	<p>You may have a feeling of pain, pressure, heaviness, or tightness in your:</p> <ul style="list-style-type: none"> • chest • neck • jaw • arms • back • shoulders <p>You may also feel:</p> <ul style="list-style-type: none"> • nauseous • dizzy/lightheaded • short of breath • a cold sweat 	<ul style="list-style-type: none"> • STOP activity and rest. If you are not alone, tell someone how you feel. • DOSE – take angina medicine as prescribed by your provider. If symptoms don't go away within five minutes, call 911 and ask for an ambulance. • If you can't access 911, have someone drive you to the hospital.

Improve *Your* Heart Health

You can help maintain a healthy heart by following these tips below.

Eat right. Make healthy eating part of your daily routine. Select whole grains, lean meats, fruits, vegetables, and low-fat dairy products for a well-balanced diet. A nutritious diet:

- Improves cholesterol.
- Improves blood sugar.
- Reduces inflammation.
- Maintains a healthy weight.
- Nourishes your body and mind.

Exercise. Get 30 minutes of moderate exercise on most days of the week to help reduce stress and keep your body healthy and strong. Select activities to fit in your schedule. Check with your provider before beginning any new exercise program.

Regular physical activity:

- Improves cardiac fitness.
- Improves cholesterol.
- Improves blood sugar.
- Reduces stress/improves mood.
- Maintains a healthy weight.
- Improves circulation.

Maintain a healthy weight. Being excessively over or under a healthy weight can have severe effects on your health. If you are overweight, losing 5–10 percent of your weight can make a significant difference. Talk with your provider to determine your ideal weight range. Maintaining a healthy weight:

- Improves blood pressure.
- Improves cholesterol.
- Improves blood sugar.
- Increases energy.

Important Information

Current medications:

Medication allergies:

Pharmacy phone number:

Provider's information:
