

Coronary Artery Disease Action Plan

This **action plan** is a guide to help you manage the signs and symptoms of coronary artery disease (CAD). 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 CAD is controlled.</p>	<ul style="list-style-type: none"> feeling good overall, no chest pain, pressure or heaviness 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 ____ pounds in one day or ____ pounds in one week other symptoms of concern 	<p>Start your yellow treatment plan</p> <ul style="list-style-type: none"> Rest, monitor how you feel. Medication name: _____ Dose: _____ Medication name: _____ Dose: _____ Provider's instructions: _____ _____
RED	<p>Red means you may need help IMMEDIATELY!</p> <p>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. Medication name: _____ Dose: _____ 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.

Check with your provider before beginning any new exercise program.

Provider recommended exercise:

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.

My baseline weight: _____

Maintaining a health weight:

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

Important Information

Current medications:

Medication allergies:

Pharmacy phone number:

Provider's information:
