

Healthy Living

Keeping your weight within the normal range of BMI. Losing 5-10% of your weight if possible.

Weight Loss



Quit smoking or never start! Stay clear of second hand smoke.

1-800-QUIT-NOW

No Tobacco



Decrease saturated and trans fats. Increase foods with fiber. Decrease foods with salt and sugar.

Food



Focus on moving your body. Make it a goal to exercise 30 minutes a day for most days in a week.

Activity



CAD

Paying attention to all of these risk factors and details can help you better help your disease and take care of your body!



Medications

Be sure you are taking your medications daily and as proscribed by your doctor.

LDL

Cholesterol

LDL signals the buildup of plaque in the arteries. Lowering your intake of cholesterol can help decrease the risk of plaque buildup.



Know Numbers

Know your regular levels of HDL, LDL, total cholesterol, triglycerides, blood pressure, glucose and BMI.



Procedures

It is important to know that there are many types of procedures that may be done to repair damage to arteries.