

# Coronary Artery Disease Health Log



Keep track of your information with this health log. Be sure to bring it with you when you visit your doctor.

Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Hospital \_\_\_\_\_ Phone \_\_\_\_\_

Pharmacy \_\_\_\_\_ Phone \_\_\_\_\_

Emergency contact \_\_\_\_\_ Phone \_\_\_\_\_

Doctor exam	My goal	Date/ My number	Date/ My number	Date/ My number
Blood pressure ( <i>every visit</i> )				
LDL cholesterol ( <i>yearly</i> )				
HDL cholesterol ( <i>yearly</i> )				
Total cholesterol ( <i>yearly</i> )				
Current weight ( <i>every visit</i> )				

## Signs of a heart attack may be:

- Chest pain, pressure, fullness, squeezing or tightness.
- Pain in the shoulders, arms, neck, jaw, back or upper stomach.

## Other signs may be:

- Shortness of breath
- Feeling tired
- Nausea
- Light-headedness
- Sweating
- Indigestion

Sometimes there is no chest pain with a heart attack. Watch for the other signs too.

**If you think you are having a heart attack, call 911 right away. Every minute counts!**

## Coronary Artery Disease Health Log *continued*

Vaccination	Date		
Influenza/flu ( <i>yearly</i> )			
Pneumonia ( <i>ask your doctor</i> )			
Medicine	Name	Dosage	Frequency
Statin* (cholesterol)			
Beta-blocker* (blood pressure/heart)			
ACE inhibitor or ARB* (blood pressure/heart)			
Anti-platelet* (aspirin or other blood thinner)			
Other medicine			
Other medicine			
Other medicine			
Other medicine			
Other medicine			

\*Ask your doctor if this kind of medicine is right for you.

Next office visit	Date:	Date:	Date:
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