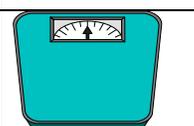
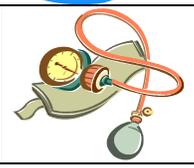


# CARDIOVASCULAR SELF-MANAGEMENT

**Note:** To achieve good control of your blood pressure it is important to have practical goals for yourself. Set one goal now and after you have achieved it, move on to another. Know your risk factors and decide what you are willing to change. Feel good about one change before making another. Make your health a priority in terms of your time and energy. Consider your health provider at the clinic *South Plains Health Provider*, a partner in your health.

PLEASE CHOOSE ONE OR MORE OF THE FOLLOWING GOALS			
Yes	No	Goals	
		<b>Goal 1</b>	I will help myself to reduce stress by doing something I enjoy, exercising or meditating. When I feel stressed out, I will find someone to talk to. 
		<b>Goal 2</b>	I will walk 30 minutes ____ day(s) a week. If I notice chest pain, shortness of breath, or chest tightness, I will seek medical attention. 
		<b>Goal 3</b>	I will decrease the amount of salt that I use every day. 
		<b>Goal 4</b>	I will follow my low fat diet, low cholesterol diet to reduce my cholesterol and reach or maintain my ideal weight. 
		<b>Goal 5</b>	I will try to reach my ideal body weight. I will lose _____ pounds by _____ . 
		<b>Goal 6</b>	I will take all medications properly every day. To prevent blood clots, stroke or heart attack, I will take an aspirin a day. 
		<b>Goal 7</b>	I will stop smoking. 
		<b>Goal 8</b>	I will visit the eye specialist every year or as indicated. 
		<b>Goal 9</b>	I will limit alcohol to 1 glass per day. 
		<b>Goal 10</b>	I will lower my blood pressure to ____ / ____ by _____ . 

Patient's Name: \_\_\_\_\_ MR# \_\_\_\_\_

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# TIPS FOR GOOD BLOOD PRESSURE CONTROL

<p><b>To prevent cardiovascular complications that may result in heart attack and stroke follow these tips.</b></p>	
	<p>1. Doing something you enjoy will help keep your blood pressure down. It also helps if you can talk to someone when you feel stressed out. You can talk to a friend, a clergy or a family member.</p>
	<p>1. Once you are cleared to exercise, walk 30 minutes at a rapid pace every day. 2. If you notice chest pain, shortness of breath, or tightness in the chest, stop and seek medical attention.</p>
	<p>1. Salt makes your body retain water which can make your blood pressure go up. Avoid foods that are high in salt, such as potato chips, pickles, and peanuts. Cook with little or no salt, and do not add salt to your food on the table.</p>
	<p>1. <b><u>DO</u></b> eat lean meat, fruit, and vegetables. 2. <b><u>DO</u></b> eat multigrain food, such as whole wheat breads. 3. <b><u>DO</u></b> drink 6-8 glasses of water every day. 4. <b><u>EAT</u></b> 2-4 servings of fruit per day. Bananas, cantaloupe, and oranges are good fruits to eat. 5. <b><u>LIMIT</u></b> your carbohydrates to 3-4 serving per day. Carbohydrates include bread, tortillas, rice, potatoes, noodles, lima beans, sweet peas, corn, etc.</p>
	<p>1. To achieve good blood pressure control, obtain and maintain your ideal body weight. Weigh yourself every day.</p>
	<p>1. If your doctor has put you on medicine, you need to take them as ordered. To prevent blood clots, take a baby aspirin every day.</p>
	<p>1. If you smoke, <b><u>STOP SMOKING</u></b>. Smoking is not good for you for your lungs, can make your blood pressure go up and is <u>expensive</u>. Try chewing sugarless gum when you feel like smoking. There are classes, medicines or patches available to help you stop smoking. Ask your provider.</p>
	<p>1. To protect your vision, visit an eye specialist every year or as instructed.</p>
	<p>1. Limit alcohol to 1 glass per day. Beer and wine are considered alcohol.</p>
	<p>1. Diet, exercise, relaxing activities, and taking your medicines as ordered are all important in controlling your blood pressure.</p>