

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) (yearly)			
Pneumonia (ask your doctor)			
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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