

PHASE

PREVENT HEART ATTACKS AND STROKES EVERYDAY

Petaluma
HealthCenter

Simple Steps

TO HELP PREVENT A HEART ATTACK AND STROKE

Do you have a history of:

- Diabetes
- Peripheral Arterial Disease
- Heart Disease
- Chronic Kidney Disease
- Stroke
- Abdominal Aortic Aneurysm

These conditions are caused by or can lead to fat-like deposits called plaque in your artery walls. Over time, this can narrow the space inside the artery and harden the walls of the blood vessel. This can make it difficult for blood and oxygen to flow through and can lead to a stroke or heart attack.

**You can make
a difference!**

Risk factors for heart disease you can change:

- Smoking
- Being overweight
- Not getting enough activity
- High cholesterol
- High blood pressure
- A1C>8 if you have diabetes

Risk factors you can not change:

- Family history of heart disease
- Older age - as you age, your risk goes up

One or all of these preventative medications can reduce your risk:

- Aspirin
- Statin
- ACE Inhibitor

Make healthy lifestyle choices:

- Enjoy heart healthy foods
- Be physically active for 30 minutes or more on most days of the week



PHASE INCLUDES TAKING SOME OR ALL OF THESE MEDICATIONS AS WELL AS HEALTHY LIFESTYLE CHOICES.



What choices can I make to decrease my risk of stroke and heart attack?

- Eat a low fat, high fiber diet
- Be physically active for at least 30 minutes most days of the week
- Maintain a healthy weight
- If you smoke, get help quitting
- Control Diabetes

Medicine to protect kidneys & improve blood pressure:

- Lisinopril
- Losartan potassium

For a healthy blood pressure, you may also need to take some of the following medicines:

- Metoprolol
- Hydrochlorothiazide
- Chlorthalidone
- Spironolactone

Aspirin (81mg or baby)

Prevents clots in your blood and reduces the chance of stroke and heart attack.

Statins: medicine to improve cholesterol (LDL, HDL, and Triglycerides) and helps prevent the narrowing of arteries:

- Atorvastatin
- Pravastatin
- Simvastatin

PHASE CAN HELP! ASK YOUR PRACTITIONER FOR MORE INFORMATION.

www.phealthcenter.org 707.559.7500