



SARATOGA HOSPITAL
people you trust. care you deserve.

Coronary Artery Disease Zone Tool

Every Day	<ul style="list-style-type: none">• Do not smoke• Take medications as prescribed• Maintain a healthy weight• Eat healthy, a lot of fruits and vegetables• Avoid foods high in salt (sodium), fat (especially trans fats) and cholesterol• Avoid adding salt to your meals• Exercise regularly (30 minutes three times per week), start by walking• Avoid stress• Limit alcohol
Green Zone	<p>ALL CLEAR! This zone is your goal. Keep up the good work!</p> <ul style="list-style-type: none">• No chest pain• Able to exercise for 30 minutes without chest pain or feeling “winded”• Following healthy diet• No problems from medications
Yellow Zone	<p>CAUTION!! This zone is a warning and you should call your doctor if...</p> <ul style="list-style-type: none">• You have more frequent or severe episodes of chest pressure or chest pain (especially while at rest).• The chest pressure causes sweating, shortness of breath or feeling sick to your stomach.• You are feeling lightheaded or dizzy.• You have chest pressure or pain that goes to your arm or neck.• You are taking nitroglycerin more frequently for chest pain or pressure (angina).
Red Zone	<p>EMERGENCY!!! Call 911 or have someone take you to the Emergency Room!!</p> <ul style="list-style-type: none">• Chest, neck or arm pressure, pain or tightness that does not go away with rest or after taking my nitroglycerine.

References: www.ihl.org

CareNotes® **CORONARY ARTERY DISEASE - General Information**

Key Contacts- Fill in numbers for:

Primary Physician: _____

Cardiologist: _____

VNA: _____

Health Coach: _____

Other: _____