

DRAFT

Tests (how often)	Goal	Baseline	Date	Date	Date	Date	Date
Blood pressure (every visit)							
Weight/BMI (every visit)							
Total cholesterol (yearly)							
HDL (good cholesterol) (yearly)							
LDL (bad cholesterol) (yearly)							
Triglycerides (yearly)							
Smoking cessation?							
Physical activity (moderate exercise)							
Flu shot (yearly)							
Pneumonia shot (usually once)							
HgbA1C &/Or Fasting Glucose (A1C)-(every 3-6 months if recommended)							

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Personal Heart Care Record

Name: _____

Recommendations: _____

Physician's Follow-up Visits

Physician	Date	Date	Date	Date	Date	Date
Primary Care Physician						
Cardiologist						
Endocrinologist						
Dietician						

Lipid Control is Prevention

Taking control of your Heart's health can make you feel better and stay healthy. Recent studies have shown that lowering blood lipid is important to help you prevent occurrence of Heart Disease and Stroke.

Moderate physical activity, appropriate nutrition, weight control, and cessation of smoking can help you lower your lipids, and may prevent the occurrence of Heart Disease or Stroke.

Contact information

For Information call

