

## Medication

Any allergies to medicines? \_\_\_\_\_

Name and group of medicine, for example, Frusemide diuretic	Dose	When I take it	Side effects/change to medicine

## Tests

Date	B/P	Date	B/P	Date	B/P

Date				
TCL				
LDL				
HDL				

## Investigations

- Exercise test
- Echocardiogram
- Thallium scan
- Magnetic resonance imaging
- Angiogram
- Other: \_\_\_\_\_

## Treatment

- Coronary artery bypass surgery
- Angioplasty
- Pacemaker
- Implantable cardioverter defibrillator
- Valve surgery
- Other: \_\_\_\_\_



# My progress card

## My details

Name: \_\_\_\_\_

Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

If you find this card please phone:

\_\_\_\_\_

GP: \_\_\_\_\_

Phone: \_\_\_\_\_

Cardiac team: \_\_\_\_\_

Phone: \_\_\_\_\_

## Conditions:

- Angina
- Heart attack
- Heart valve disease
- Heart failure
- Arrhythmia/irregular heart beat
- Cardiomyopathy
- Diabetes
- Other: \_\_\_\_\_

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[bhf.org.uk](http://bhf.org.uk)

 Heart Helpline  
**0300 330 3311**  
[bhf.org.uk](http://bhf.org.uk)

British Heart Foundation  
Greater London House  
180 Hampstead Road  
London NW1 7AW  
T 020 7554 0000  
F 020 7554 0100

Information & support on anything heart-related. Phone lines open 9am to 5pm Monday to Friday. Similar cost to 01 or 02 numbers.

**BEATING HEART DISEASE TOGETHER**

## Risk factor tracking record

Risk factors are things about your lifestyle that increase your chances of developing coronary heart disease (CHD). There are certain risk factors that you cannot change, such as your age, ethnic origin and family history. The good news is that many risk factors can be reduced.

The table below shows how you can keep your heart healthy.

Giving up smoking	Controlling blood pressure	Increasing physical activity	Controlling weight	Eating a healthy diet	Lowering cholesterol	Drinking within sensible limits	Controlling diabetes
No smoking.	Blood pressure (B/P) below 140/90  No greater than 130/80 if you have diabetes or CHD.	At least 30 minutes of moderate intensity activity five or more days a week.	Waist should be less than 31.5ins (80cm) for a woman and 37ins (94cm) for men. South East Asians: waist should be less than 31.5ins (80cm) for a woman and 35.5ins (90cm) for men.	At least five portions of fruit and vegetables per day.  Reduce saturated fat, salt and sugar intake.	Total cholesterol level (TCL) as low as possible. If you have CHD, TCL less than 4mmol/l, low-density lipoprotein (LDL) under 2mmol/l and high-density lipoprotein (HDL) above 1mmol/l.	Have two alcohol free days a week. No more than two to three units of alcohol for a man daily. This may vary depending on your condition so check with your doctor.	Blood sugar level between 4-7mmol/l before meals. It should be no higher than 10mmol/l two hours after meals. This may vary depending on your condition so check with your doctor.

It can be difficult, at first to change your lifestyle, but over time you will notice the benefit to your health and well-being. Set small realistic goals to help you achieve your aim. You can do this on your own or with the help of your health professionals. Don't try to change too many things at once.

Risk factor:	Goal: Action plan:	Progress/comments:	Progress/comments:	Progress/comments:
Date:	Review date:	Date:	Date:	Date:
Risk factor:	Goal: Action plan:	Progress/comments:	Progress/comments:	Progress/comments:
Date:	Review date:	Date:	Date:	Date:
Risk factor:	Goal: Action plan:	Progress/comments:	Progress/comments:	Progress/comments:
Date:	Review date:	Date:	Date:	Date:

### Additional comments: