

My Heart Truth Action Plan

I can reduce my risk of heart disease and stroke by up to 80% by making important changes in my life.

Commit to maintaining or achieving a healthy weight:

- My body mass index (BMI) is _____
- My waist circumference is _____ cm/inches

A healthy BMI is considered to be 18.5 to 24.9. Calculate your BMI by logging onto the Shoppers Drug Mart website, www.shoppersdrugmart.ca/BMI. Women who are “apple-shaped” are at greater risk of cardiovascular disease than those who are “pear-shaped”. As a woman, your waist should measure less than 35 inches (88cm) or 32 inches (80cm) if you are Chinese or South Asian to minimize your risk of heart disease. To accurately measure your waist:

- remove clothing from your abdominal area and stand upright in front of a mirror
- wrap a measuring tape around your waist using the top of your hipbones to position the bottom edge of the tape
- keep your stomach relaxed and breathe normally; tighten the tape around your waist and read the measurement

A healthy diet and regular physical activity will help to achieve or maintain a healthy weight.

My commitment to a healthy lifestyle means that I will:

- consume no more than 2300mg of sodium per day. That means reading food labels and avoiding heavily salted foods. Too much sodium can contribute to hypertension.
- as a woman, consume no more than 2 alcoholic drinks per day or 9 per week. One drink is a regular sized bottle/can of beer, 1.5 ounces of liquor or a regular glass of wine.
- be physically active for 30 to 60 minutes most days of the week; small amounts of exercise count too!
- enjoy a diet low in fat (especially saturated fat) and high in fibre (including whole grains, fruits, vegetables and legumes), polyunsaturated and monounsaturated oils including omega-3 fatty acids
- commit to quitting smoking on the following date _____. I will find ways to avoid and overcome triggers and think of the 4 D's if I get cravings: do something else, delay, deep breathing and drink water

Learn all I can about my medications and be sure to take them regularly as directed by my doctor. To keep me on track, I will:

- keep taking my blood pressure and/or cholesterol medications even if I don't feel differently – because they don't usually change how I feel
- have my blood pressure and cholesterol levels checked regularly so I can see how well my medications are working; keep track of my measurements.
 - Aim for a blood pressure less than 140/90mmHg or if I have diabetes or kidney disease, less than 130/80mmHg
 - Ask my doctor for my target LDL-cholesterol and total cholesterol: HDL-cholesterol ratio targets
- know what my blood glucose targets are if I have diabetes, test my blood glucose regularly and record my values in my HealthWATCH Blood Glucose Logbook
- know what to expect from my medications and contact my Shoppers Drug Mart Pharmacist or doctor if I don't feel well when I take them

To learn more and find life-saving information, visit theHeartTruth.ca today!