

Main Lifestyle Changes

for People With Coronary Artery Disease (CAD)

Quit smoking

If you smoke, it is important that you quit. Smoking raises your risk of a heart attack. Smoking damages your blood vessels. It raises your heart rate. Smoking lowers the oxygen supply to your heart. It also damages your lungs. Quitting smoking is 1 of the best ways you can improve your overall health.

Some tips to help you quit smoking:

- Make a list of reasons you want to quit. Read it every day.
- Get your mind off it. Take a walk or keep your hands busy.
- Avoid places that make you want to smoke.
- Chew sugarless gum. Munch on a healthy snack.
- Avoid places with secondhand smoke.
- Join a quit-smoking support group.
- Ask your primary care provider (PCP) about nicotine gum or nicotine patches. These can cut down your craving for nicotine. This will increase your chances of quitting for good.

Remember, not everyone is able to quit the 1st time they try. Don't be upset if you tried to quit and failed in the past. Most people try to quit several times before they are able to quit for good.

Exercise

You can lower your risk of future heart problems by exercising often. Exercise¹ can help:

- Reduce your weight. Losing weight can indirectly improve CAD by lowering your blood pressure. It may also have a direct effect on CAD.
- Lower your cholesterol level. Exercise can lower the bad (LDL) cholesterol and raise good (HDL) cholesterol. This can directly reduce the risk of CAD.
- Make your heart stronger.
- Lower your blood pressure.

Watch your diet

Reducing your fat, salt and calories can help lower the risk of future heart problems.



If you have any questions about your medicine, please call your PCP.

¹ Check with your PCP before starting any exercise program.

Main Lifestyle Changes for People With Coronary Artery Disease (CAD)

Reduce stress

Think about what's bothering you. Ask yourself, "Is this really that important?" If not, let it go.

- Set aside some time for yourself each day. Do something you find relaxing.
- Stay connected to your family, friends and other supportive people.
- Exercise.
- Try deep breathing, meditation or yoga.
- Keep a sense of humor about life.

Instead of...	Try...
Fast food	Planning ahead and cooking meals. Also, keep healthy snacks, such as crackers, peanuts and fruits, with you to hold you over until you get home.
Frying your food	Baking, broiling, steaming, poaching or grilling your food.
Eating convenience foods (canned soups, TV dinners, frozen pizza)	Eating fresh fish, meats, fruits and vegetables.
Using butter or oil high in saturated fat	Using products low in saturated fat. This includes olive oil, vegetable oil, canola oil or chicken broth.
Using salt, soy sauce or barbecue sauce	Using spices.
Eating chicken skin and fat from meat	Trimming fat from meat and skin from chicken.
Eating egg yolks	Eating egg whites or egg substitutes.

For more information about healthy lifestyle changes, please call Member Services at 1-888-756-0004, 24 hours a day, 7 days a week.

This is to help you learn about your health condition. It is not to take the place of your PCP. If you have questions, talk with your PCP. If you think you need to see your PCP because of something you have read in this information, please contact your PCP. Never stop or wait to get medical attention because of something you have read in this material.

You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, 7 days a week at **1-888-756-0004**. For TTY, call **1-866-428-7588**.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể có thông tin này thông dịch ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi Dịch vụ Thành viên phục vụ 24 giờ/ngày, 7 ngày/tuần theo số **1-888-756-0004**. Đối với người sử dụng TTY, xin gọi số **1-866-428-7588**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede tener esto interpretado por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004** las 24 horas del día, los 7 días de la semana. Para TTY, llame al **1-866-428-7588**.

All images are used under license for illustrative purposes only. Any individual depicted is a model.

ACLA-1622-09


AmeriHealth Caritas
Louisiana

www.amerhealthcaritasla.com