

# The Athero Pledge

Today my health care professional and I talked about atherosclerosis and health factors that can affect my risk for a heart attack or stroke.

We agreed on the following action plan. I pledged to follow this plan to the best of my ability and to discuss the results honestly at my next visit.

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\_\_\_\_\_  
Patient's signature

\_\_\_\_\_  
Signature of health care professional

**My Athero Action Plan** *Choose lifestyle changes from the list below you and your doctor have discussed and you are willing to try*

## Healthy Eating

- I will avoid fried foods, baked goods, and other foods high in saturated fat and cholesterol.
- I will avoid sugary snacks and drinks.
- I will add more fresh fruits and vegetables and whole grains to my daily diet.

## Physical Activity

- I will engage in  minutes of (check one)  mild  moderate activity  times per (check one)  day  week.

Check one or more activities:

- Walking  Bicycling  Swimming  Dancing  Chair aerobics  Other

## Smoking

- I'm ready to quit smoking. I will join a smoking-cessation program approved by my doctor.
- I'm ready to quit smoking. I agree to use  as a smoking-cessation aid.
- I'm not ready to quit smoking. I will reduce my smoking by  (check one)  cigarettes  per day.

## Weight Management/Loss

- I will lose  lb by my next health care visit.
- I will join a weight-loss program approved by my doctor.

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## Blood Pressure

- I will read the labels on the foods I buy, avoiding those with a high sodium (salt) content.
- I will stop adding salt to my food, both when cooking and at the table.

## Blood Sugar Level (For Patients With Diabetes Only)

- I will check my blood sugar  times per (check one)  day  week and follow my doctor's advice on healthy eating and physical activity.

## Medications/Doctor Visits

- I will take any/all medication(s) as prescribed, and schedule and keep all recommended health care appointments.

If you have questions about this material and would like to speak to a nurse or pharmacist, call 1-866-272-0787, Monday through Friday, between 8 AM and 6 PM ET.

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