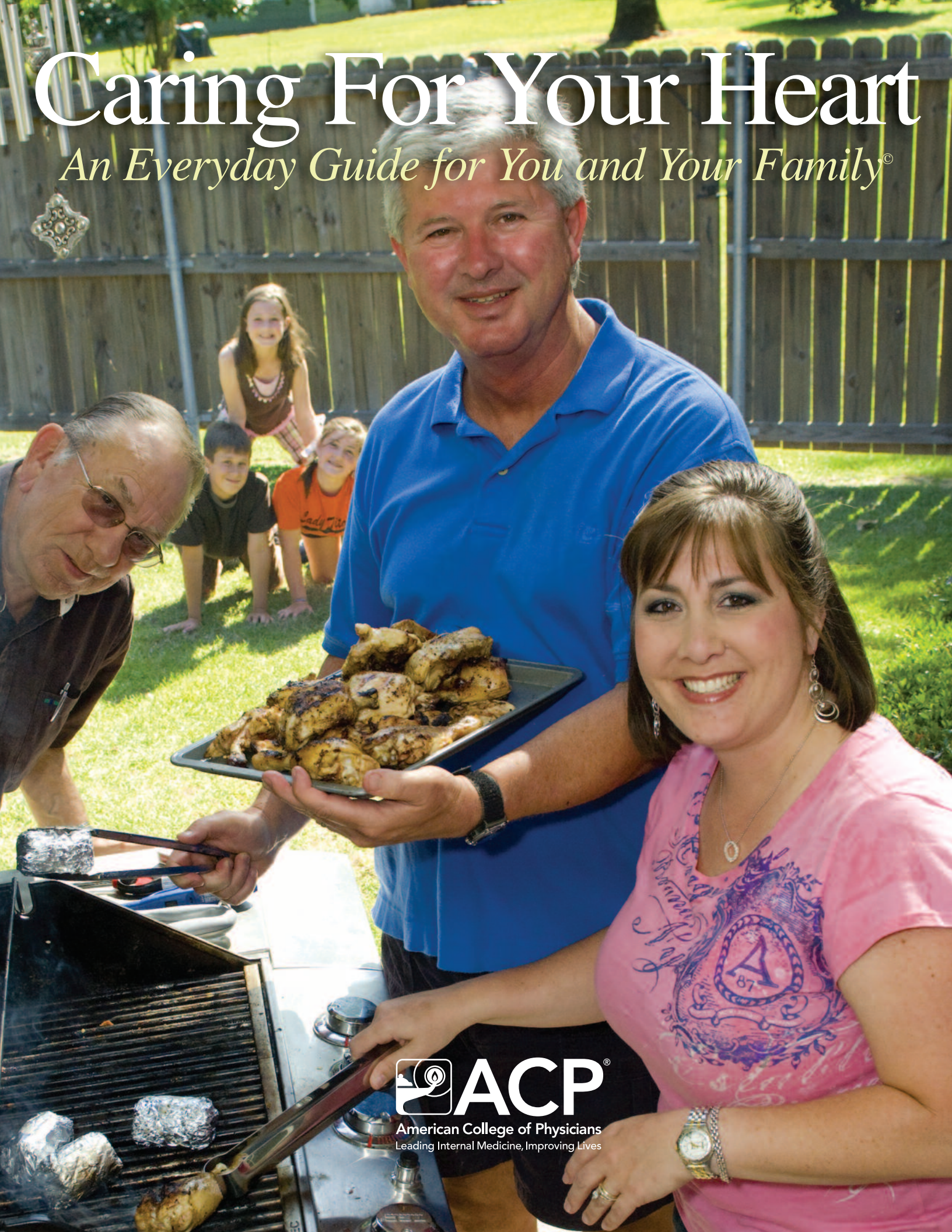


# Caring For Your Heart

*An Everyday Guide for You and Your Family®*



**ACP®**

American College of Physicians  
Leading Internal Medicine, Improving Lives



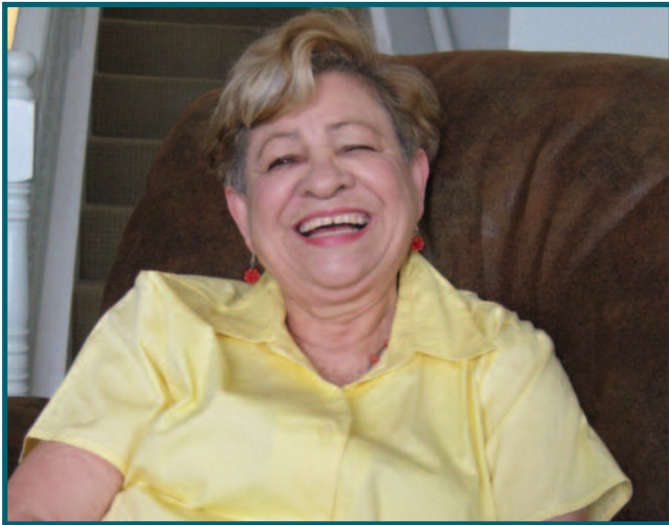
# Start Today!

If you have heart problems, it is more important than ever to take good care of yourself. The steps in this guide can help you lower your chance of having heart problems in the future.

This guide is filled with tips from people who have heart disease. Use these tips to start taking care of yourself one step at a time. You can't cure heart disease, but you can live a good life.

Remember you are not alone. Millions of people have heart problems. Like all of the people in this book, you can take charge of your life and live well.

Get started now! The sooner you start, the sooner you will begin to feel better.



“I’ve taken charge of my health, and it feels good.”



“I feel like I have a second chance now.”

---

The development for *Caring For Your Heart: An Everyday Guide for You and Your Family* was originally funded by the American College of Physicians Foundation with support from Bristol-Myers Squibb/Sanofi Aventis Pharmaceuticals Partnership and Takeda Pharmaceuticals North America, Inc.

# This Guide Will Help You:



## 1. Eat Right



## 2. Be Active



## 3. Get The Most From Your Medicines



## 4. Understand Your Feelings



## 5. Respond To Chest Pain



## 6. Free Yourself From Smoking



# Chapter 1: Eat Right

Eating healthy is one of the most important ways to help your heart stay healthy.

To eat healthy:

- Eat smaller portions.
- Make foods in healthier ways.
- Eat more fruits and vegetables.

You don't have to go hungry or give up all your favorite foods.

## What's in it for you?

Eating healthy will:

- Give you more energy.
- Help you lose weight.
- Lower your blood pressure and cholesterol.
- Prevent heart attacks.

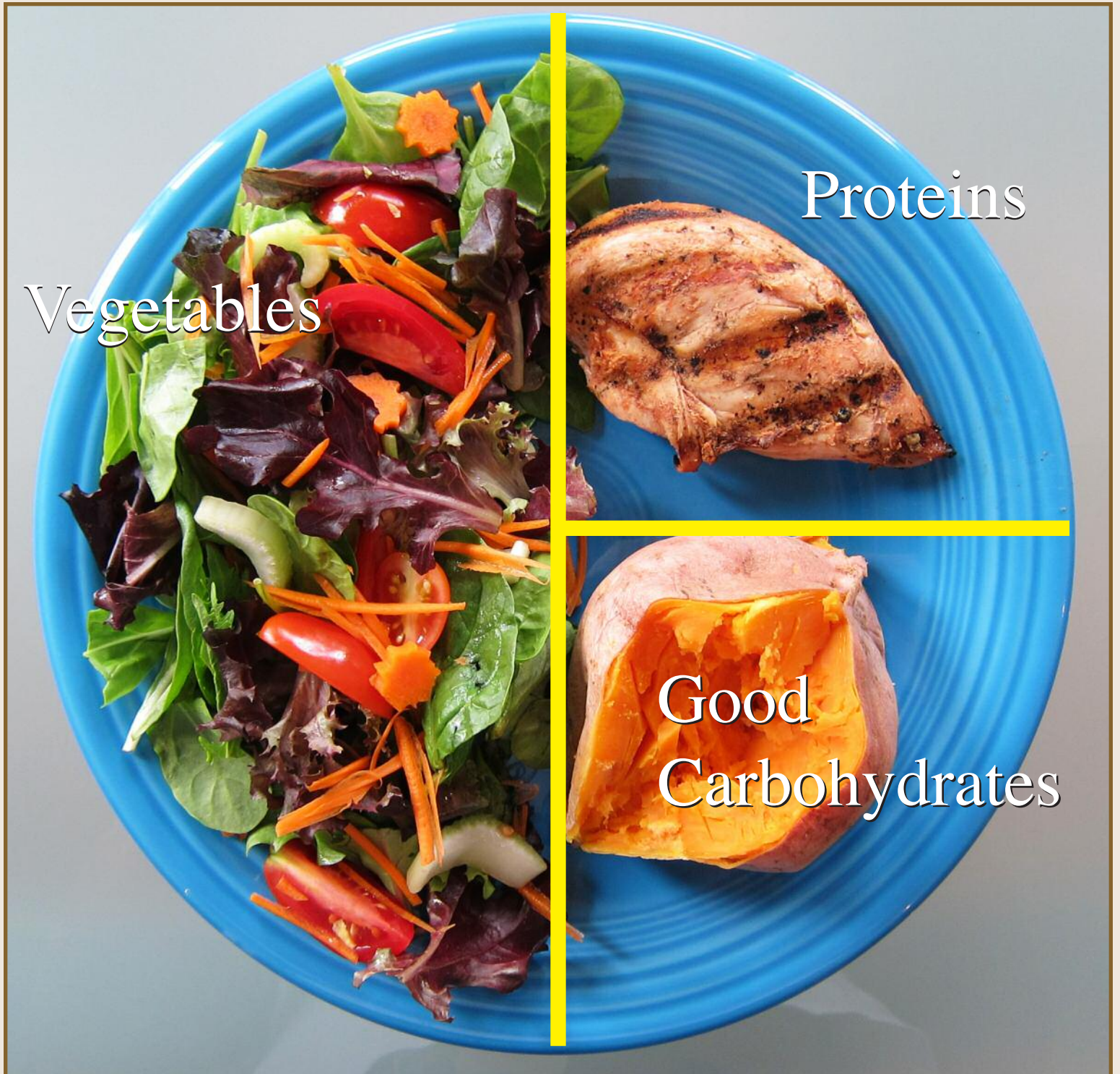


“I realized after my heart attack that cooking healthy will also help my kids grow up eating right.”



# The Healthy Plate

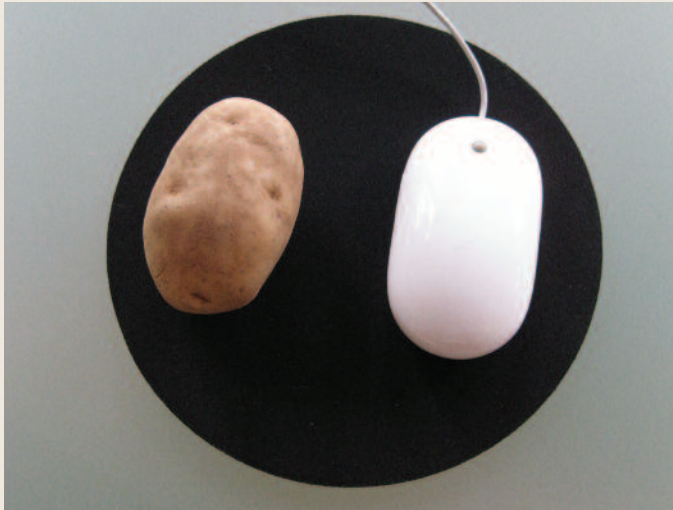
Think of your plate as different sections.  
One half is for vegetables, and the other half is for proteins and good carbohydrates (carbs).





# Watch Your Portions

One of the most important ways to keep your heart healthy is to eat smaller portions.



“I get a small potato the size of a computer mouse and spice it up with pepper and salsa.”



“A correct portion of meat is the size and thickness of a deck of cards.”



“I fill a teacup with cooked rice to get the right portion size.”



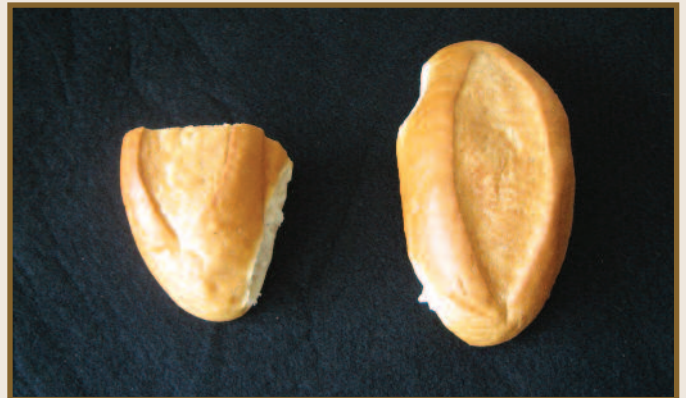
If you sometimes eat these foods, make sure you watch your portion sizes.

RIGHT SIZE

TOO MUCH

RIGHT SIZE

TOO MUCH





# Try A Smaller Plate

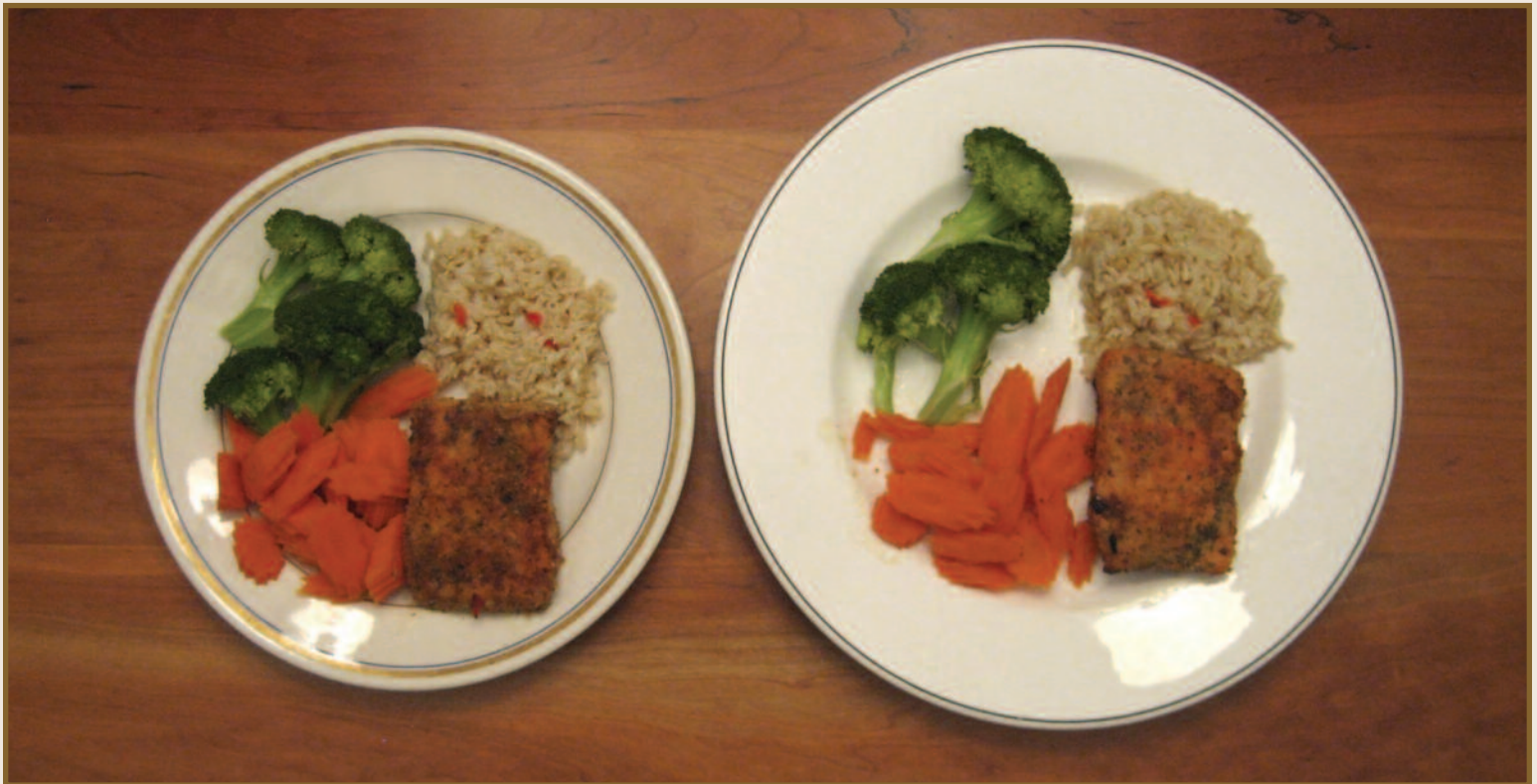
We eat a lot more food than people used to eat. Even our plates are bigger. Both of these plates show the right portion size. The plate on the left is a regular size plate (9 inches across). You probably ate from this size plate when you were young.

The plate on the right is an extra large plate (10-12 inches across). You probably eat from this size plate today.

One of the best ways to eat less without feeling hungry is to eat from a smaller plate.

## Same Amount Of Food On Different-Sized Plates

Which looks better to you?



9-inch plate

12-inch plate



# Still Hungry?

Try these tips if you still feel hungry:

- Drink a glass of water before you eat.
- Eat slowly. Take at least 20 minutes to eat each meal.
- Eat a salad or soup before your main meal.
- Don't put the serving dishes on the table.  
Seeing more food makes people want to eat more.
- If you still need a second helping, eat more vegetables.



“Eating on smaller plates really worked for me.”



“As long as my plate is in front of me I’ll want more. I put my plate in the sink instead of going back for seconds.”

# Know Your Fats

These foods contain **healthy** fats that are good for your heart:

Remember, even with healthy fats you need to watch your portion size.



Nuts



Salmon



Avocado



Sardines



2 teaspoons

Peanut butter



White tuna



Olive oil



Olives

---

These foods contain **unhealthy** fats, which are not good for your heart:



French fries



Candy bars



Macaroni & cheese



Potato chips



Ice cream



Butter / margarine



Cheese



Bacon



# Tips On Healthy Cooking



- Instead of using butter, season your vegetables with olive oil, onion, bell pepper, or garlic. Try some of these herbs and spices: rosemary, thyme, parsley, basil, or oregano.
- Select meats with less fat such as chicken and fish. Select lean cuts of beef or pork, such as tenderloin, eye of round, or extra lean ground. When eating steak, try filet.
- Eat beans, lentils, peas, or tofu instead of meat at least twice a week.
- Steam, bake, broil, grill, or boil your food.
- Try not to eat fried food more than once a week.

# Tips For Healthy Eating

Eat this.....

Instead of this!

Eat this.....

Instead of this!



Graham crackers



Sugary cookies



Nuts



Candy bar



Unbuttered popcorn



Potato chips



Low-fat cheese



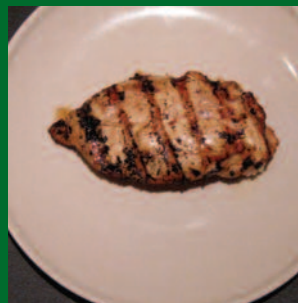
Regular cheese



Yogurt bar



Bowl of ice cream



Grilled chicken



Fried chicken



Potato with salsa



Loaded baked potato



Oil & vinegar



Ranch dressing



# Whole Grains

Whole grains are good for your heart. Here are some easy ways to eat whole grains.

Eat this.....

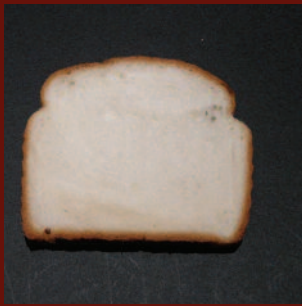
Instead of this!

Eat this.....

Instead of this!



Whole wheat bread



White bread



Brown rice



White rice



Whole grain crackers



Saltine crackers



Whole wheat pasta



Regular pasta



“We feel better now that we’re eating healthier.”



# Fruits And Vegetables

Fruits and vegetables taste good and fill you up. Try them fresh or frozen.



Tomatoes



Green salads



Carrots



Squash



Asparagus



Celery



Spinach



Broccoli



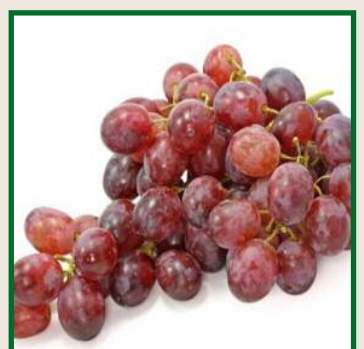
Cucumbers



Green beans



Melons



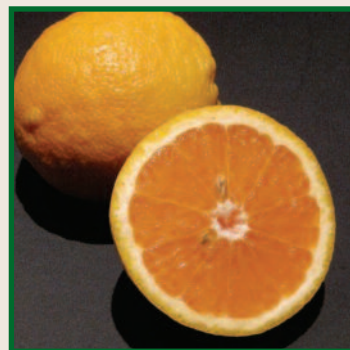
Grapes



Apples



Bananas



Oranges



Berries



# Shake Off The Salt

Salt (sodium) makes your blood pressure higher. If you eat less salt, your blood pressure will go down.

These foods have a lot of salt:

- French fries
- Pretzels and chips
- Pickles
- Soy sauce
- Fast food and restaurant meals

A lot of the salt we eat is “hidden” in foods that come in a box, can, or package, like:

- Canned soups, canned vegetables, canned meats, and tomato juice
- Frozen dinners
- Cold cuts and deli meats
- Hot dogs and sausages
- Pizza
- Rice and noodle mixes

Look for labels that say “low sodium,” “reduced sodium,” “sodium free,” “low salt,” or “no salt added.”

These foods have a lot of salt:



“My blood pressure went down when I stopped eating instant noodles.”



# Tips About Salt



“We started using lemon juice, garlic, herbs, and spices instead of salt. We have so much more variety now.”



“My body adjusted to eating less salt. After a few weeks I didn’t want to add extra salt or soy sauce.”



“Fresh foods don’t even need salt.”



# Snack Attack!

If you feel hungry between meals, snack on these:

- Vegetable sticks like carrots, celery, bell pepper, or broccoli. You can dip them in hummus, low-fat yogurt, or low-fat salad dressing.
- Unsalted nuts. Be careful not to eat more than a handful.
- Unbuttered popcorn
- Sugar-free gelatin with fruit
- Fresh or frozen fruit

Sometimes people snack because they are bored.

Try chewing a piece of sugarless gum.



“If I have a nighttime snack, I eat a popsicle instead of a large bowl of ice cream.”



“If it’s in my house, I will eat it. The way I stopped eating stuff that was bad for me is that I quit buying it.”

# Eating Out

Food from a restaurant almost always has more unhealthy fat and more salt than the food you make at home.

When you eat out:

- Order a salad as your appetizer.
- Ask for sauces and dressing on the side. Use only a spoonful.
- Order regular size instead of super-size.
- At a buffet, eat a salad or soup before your main meal. Put your main meal on a salad plate rather than a dinner plate.
- Put half of your meal in the to-go box before you begin eating.



Ask your doctor if it is okay for you to drink alcohol. A glass of red wine a day may be good for your heart.



# You Can Do It!

Choose one of these easy ideas, or write down 1 or 2 things you will do over the next few weeks. Remember, little changes in your eating can make big changes in your heart.

- ☐ I will keep healthy snacks on hand, like carrot sticks, unbuttered popcorn, low-fat yogurt, and unsalted nuts.
- ☐ I will switch from regular cheese to low-fat cheese.
- ☐ If I go to a fast-food restaurant, I will order regular size instead of super-size.
- ☐ I will switch from white rice to brown rice.
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

“When I want something sweet, I eat a piece of fruit.”



# Chapter 2: Be Active

Being active is one of the most important things you can do to keep your heart healthy and live longer.

Regular exercise can help you:

- Have more energy.
- Sleep better.
- Feel good about yourself.
- Recover from surgery or a heart attack faster.

It is important that you start slowly if you haven't been exercising.

It may take a while to build up your strength. Start with 10 minutes a day.

You can just walk 5 minutes from your house, and walk back.

If you just had a heart attack or heart surgery, talk to your doctor about when it is safe to start exercising.





# Exercise That Works For You

Choose an exercise that you like. You'll be more likely to stick with something you enjoy.

Some examples that may work for you are:

- Walking outside or in the mall
- Working in your yard or garden
- Riding a stationary bike
- Going to the gym or cardiac rehab
- Dancing
- Bowling
- Swimming or water aerobics

## Stay Safe!

While you exercise, you should still be able to carry on a conversation with a friend or say a sentence to yourself. Or you can exercise until you are breathing a little hard, and it takes you 1 or 2 minutes to recover. Then start again.



“Walking is more fun when we do it together.”

# Cardiac Rehab

Going to cardiac rehab (cardiac rehabilitation) is a great way to help you stay healthy. Many patients who go to cardiac rehab say it changed their lives.

Cardiac rehab will help you:

- Build your strength.
- Eat a healthy diet.
- Deal with stress.
- Return to work sooner.

The cardiac rehab staff will help choose exercises that are safe for you. They will watch your blood pressure and heart rate to help you learn how hard to exercise. They will also teach you to check your blood pressure and heart rate yourself, so that you feel safer.

You will learn many different ways to stay healthy at cardiac rehab. Ask your doctor if you can go.

“The more I went to cardiac rehab, the better I felt mentally and physically.”





# Tips About Cardiac Rehab



“At first I didn’t want to do cardiac rehab. But I liked the staff and the feeling that we were all in this together.”



“I was scared to start cardiac rehab, but they set everything up so that it was perfect for me.”



“The staff showed me how to use the equipment so I didn’t feel embarrassed.”

# Your Heart And Sex

Some people worry that having sex can cause a heart attack or stroke. This isn't true. People with heart disease can go back to their usual sex life as soon as they feel ready for it. If you can climb a flight of stairs, it is safe to have sex. If you start to feel uncomfortable, stop and take it easy.

Your partner may also worry if sex is safe for you. These are normal feelings. Sharing this guide with your partner can help.

Talk to your doctor if you think your medicines are affecting your sex life.

“It’s nice to know I can still have an active love life.”



“The biggest thing I had to overcome was worrying about it.”





# You Can Do It!

Pick things YOU like to do. Try one of these suggestions, or write down 1 or 2 things you enjoy that make your body move.

- ☐ I will take a short walk three days a week.
- ☐ I will park farther away so I'll have to walk a little more.
- ☐ I will put on my favorite music and dance to 3 songs.
- ☐ I will get up and do small chores during TV commercials.
- ☐ I will take the stairs instead of the elevator.
- ☐ I will stretch for ten minutes when I wake up each day.



---



---

“When I turn off the television and go outside and walk, I always feel better.”



# Chapter 3: Get The Most From Your Medicines

You will need to take medicines from now on to help your heart stay healthy. You may not feel different when you take your medicines, but they will help you live longer.

**Talk to your doctor before stopping any medicines, even if you don't feel like the medicines are working for you.**



“I don't like taking a bunch of medicine, but I know they'll help me live longer.”



“I am just thankful there are pills that can help me.”



# Heart Medicines

Ask your doctor to write the names of your medicines below:

1. **Blood thinners** help blood flow to your heart more easily. It is **very** important that you **do not stop** taking blood thinners. Take this medicine every day.

---

2. **Blood pressure** medicines lower your blood pressure so that your heart won't have to work as hard. Take this medicine every day.

---

Ask your doctor what your blood pressure should be: \_\_\_\_\_

You can check your blood pressure at home or at the pharmacy.

3. **Cholesterol** medicines stop fat from clogging up the pipes (arteries) to your heart. Take this medicine every day.

---

Ask your doctor what your cholesterol should be: \_\_\_\_\_

4. **Nitro (nitroglycerin)** rushes more blood to your heart if your heart is not getting enough blood. Use nitro only when you have chest pain or trouble breathing.

# Understanding Your Medicines

- Bring all your medicine bottles to every doctor visit so you will be sure the doctor knows what you are taking.
- Ask why you take each medicine.
- Talk to your doctor before stopping any medicines, even if you feel good.
- Tell your doctor if you're having side effects.



“It’s always reassuring when I see my doctor. I feel like we’re on the right track. ”



“I asked my pharmacist whether I can take all my medicines at one time and if I should take them with food.”



# Take Your Medicines Every Day

These tips may help you remember to take your medicines:

- Use a pill box to sort your pills. Sometimes your pharmacist can help you fill the box.
- Have regular times to take your medicines, in the morning and then again at night.
- Use things you do every day, like brushing your teeth, to remind you to take your medicines.
- Use alarms or notes to remind you.
- Bring your medicines with you if you will be away from home.
- Ask your family or friends for help with your medicines.
- Call your pharmacist if you have a question about missed pills.

“I was overwhelmed until my wife made a chart of when I should take each medicine.”



“I take all my morning medicines at the same time.”



# Plan Ahead

Make sure you don't run out of your medicines:

- Call for a refill when you still have a week's worth of pills left.
- Ask the pharmacist how many refills you have left. Make sure you or the pharmacy call your doctor right away if the bottle says "No Refills" or "Refills: 0."
- Try to get all of your pills from the same pharmacy every time.



"I told my doctor and pharmacist when I had trouble paying for my medicines. They helped me get them."



"I call the doctor myself if the pharmacist can't reach her to get an okay on my refills."



# In Addition To Medicine...

Your doctors may also recommend:

## Stents

A stent is a tube that holds open a clogged pipe (artery). This helps get more blood to your heart.

## Bypass Surgery

In bypass surgery, a vein or artery from your leg or chest is moved to your heart. This helps your heart get the blood it needs.

You still need to take medicines after getting stents or surgery. These medicines help keep your arteries from getting clogged again.



# You Can Do It!

Taking your pills can make a big difference for your heart. Choose one of these easy ideas, or write down 1 or 2 ways to take charge of your medicines.

☐ I will get a pill box to organize my medicine for the week.

☐ I will take all my medicine bottles to every doctor's visit.

☐ I will call the pharmacy for refills a week before I run out of medicine.

☐ \_\_\_\_\_

☐ \_\_\_\_\_

“Taking my pills is just a part  
of my day now.”





# Chapter 4:

## Understand Your Feelings

Many people with heart problems say they feel:

- Sad or “down” all day.
- Worried they will have more heart problems.
- Angry, irritable, or grouchy.
- Like they are not enjoying their family as much.
- Guilty they didn’t take better care of their bodies.
- Embarrassed or ashamed about what has happened.
- Overwhelmed with all of the changes in their life.

These are normal feelings. You are not alone.

This chapter can help you focus on today, rather than worrying about yesterday or tomorrow. If you feel depressed or anxious for more than 2 weeks, be sure to talk to your primary care doctor.



“At first I was snapping at everybody, but then I realized my anger was really about my heart attack.”

# Tips About Feelings



“I forgot how many people there were who cared about me.”



“I found it really helpful to talk to someone who’s been through this.”



“I sometimes cried for no reason. I told my doctor, and he gave me some medicine that helped.”



# Commit To Feeling Better

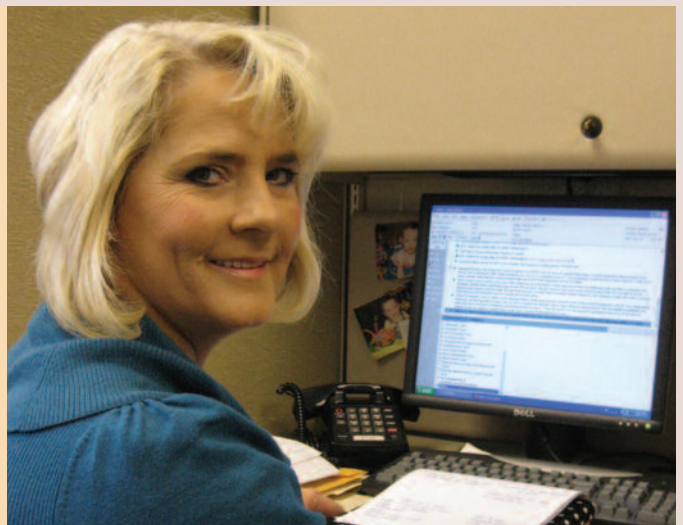
You may feel it is hard to get enough energy to do the things you enjoy. But being more active will help you get better. Find something you enjoy doing and make yourself do it, even if you do not feel like it. You may need your friends or your doctor to help you.

Commit to taking one small step today. Reaching out to someone can be your first step.

“I felt better when I started spending more time with my family.”



“I didn’t start feeling like my old self until I went back to work.”



# Make Time For Things You Enjoy

Think of things that were fun or meaningful for you in the past. Starting these things again can be hard, but this is a first step to getting better.

If you can, try these things that helped others with heart disease get back to their old self:

- Calling a neighbor, a friend, or a relative on the phone
- Going outside
- Watching a funny movie
- Going to church
- Taking up an old hobby
- Listening to music that makes you happy
- Going shopping



“When I stay home, I plan an activity to keep me busy.”



# Take Charge

You are in charge of what you think. And what you think affects how you feel.

It is normal to worry about your health, or what your life will be like in the future. But replacing these thoughts with more positive ones will make you feel better.



“My thoughts were making me feel worse. So I just decided to think about more positive things.”



“I made a list of all the things I do well, and that made me feel good.”

# Relaxing

Taking a few deep breaths will help you relax and get control of your thoughts. Breathe in slowly to a count of four, and then breathe out slowly to a count of four. Repeat as long as you feel comfortable.

Anyone can meditate. Sit in a dim room and slow your breathing. If your mind strays away, slowly turn it back to your breathing.

People also relax by:

- Thinking of a relaxing place
- Reading a good book
- Hugging kids or grandkids
- Playing with a pet
- Praying
- Taking a warm bath or shower





# Go Easy On Yourself

Everyone has ups and downs. You can't be "in control" all the time. It is natural to feel uneasy when you are facing difficulties in life.

Be patient with yourself. Usually, people have some good days and some bad days. Changing thoughts and actions a little each day can make a difference.



“When I worry about my health too much, I stop those thoughts by closing my eyes and taking a deep breath.”



“I try not to let the little things get to me.”

# Enjoy Life

Reward yourself by doing something you really enjoy or something you have been wanting to do.

Remember: Rewards only work if you actually give them to yourself.

“Taking a walk made me  
feel alive.”



“I started doing some volunteer  
work. It makes me feel good.”





# You *Can* Do It!

Commit to doing 1 or 2 small things to make you feel better. Try one of these, or come up with one of your own. Little changes may make a big difference in the way you feel.

- ☐ I will go outside.
- ☐ When I get stressed, I will stop and take a few deep breaths.
- ☐ I will call a friend.
- ☐ I will talk with someone else who has heart problems.

☐

---

☐

---

“My heart attack was really hard on my spouse, too.”



# Chapter 5:

## Respond To Chest Pain

Having chest pain or trouble breathing can be scary. It is important that you don't ignore these feelings. This chapter will tell you what to do when you have chest pain or trouble breathing.

### Angina

When you have heart problems, the pipes (arteries) that bring blood to your heart are clogged. If the pipes to your heart are partly clogged, you may feel pain or pressure in your chest when you are doing active things, like walking or lifting. You may also have trouble breathing. Doctors call this “angina.”

Angina always goes away when you rest or take a nitro. Nitro helps bring more blood to your heart.

### Heart Attack

A heart attack happens when the pipes to your heart are completely clogged. A heart attack feels like bad angina, but it does not go away when you rest or take a nitro. If you are having a heart attack, you may also have trouble breathing, sweating, vomiting, or pain in your back, arm, or jaw.

“Don't be embarrassed. If you think you may be having a heart attack, get it checked out.”





# If You're Having Chest Pain Or Trouble Breathing

1. Put a nitro pill under your tongue.
2. Wait five minutes for the nitro to work. If you still have chest pain or trouble breathing, take a second nitro.
3. Wait another five minutes. Take a third nitro if you are still having chest pain.
4. Go to the emergency room if you are STILL having chest pain after you have taken your third nitro. You may be having a heart attack.

“When I need my nitro, I take it no matter where I am.”



# When To Call Your Doctor

Tell your doctor right away if:

- You have angina more often than usual.
  - Your angina is worse than usual.
  - You need nitro more often than usual.
  - You have angina when you are resting, not just with walking or other activity.
- 

## When To Call 911

You may be having a heart attack if you have:

- Chest pain, chest pressure, or trouble breathing that does not go away with nitro or rest.
- Pain going to your jaw, arm, or back.
- A lot of sweating.
- Bad indigestion, nausea or wanting to throw up.

**If you think you might be having a heart attack, STOP WHAT YOU ARE DOING AND CALL 911. Every minute counts toward saving your life.**



“When my husband had chest pains, I called 911 right away. He was okay, but I needed to be sure.”

# Using Nitro Safely

- Always keep your nitro with you.
- Sit or lie down when you take your nitro in case you start to feel dizzy.
- Nitro gives some people a headache. This is normal.
- Do not use nitro if you use medicines for sex, like Viagra®, Cialis®, or Levitra®. (These medicines are also called sildenafil, tadalafil, and vardenafil.)
- Get a new bottle of nitro after 6 months. Your old pills may not work anymore.



“I keep my nitro in my purse. I like knowing it’s always there.”



# Chapter 6: Free Yourself From Smoking

There is no better time than now to quit. Some people think quitting is impossible, but millions of people have stopped smoking and so can you. Even if you have already cut down on your smoking, this chapter will help you quit. Quitting is the best thing you can do for your heart.

“When I was lying there in the hospital, I knew that I was done with smoking for good.”



“It took me eight tries, but I finally did it.”



# What Makes You Want To Smoke?

Knowing your triggers helps you stay away from things that make you want to smoke.

These are triggers for many people:

- Talking on the phone
- Watching television
- Driving
- Drinking coffee or alcohol

If you cannot stay away from the things that make you want to smoke, try to change the way you do them. Drink your coffee in a different spot, drive a different route to work, or watch television in a different room.

Sometimes feelings make people want to smoke, like being:

- Nervous or stressed out
- Bored
- Depressed
- Hungry

Have a plan for what you are going to do when you have these feelings.



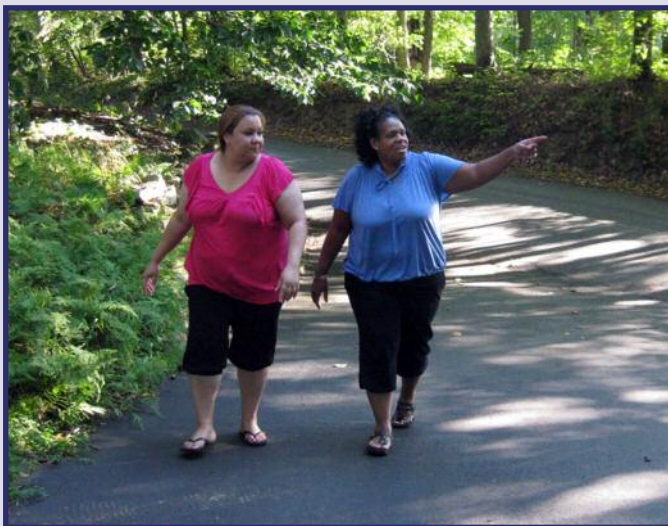
“What’s the worst thing that will happen if I **don’t** smoke?”

# When You Want To Smoke

When you get the urge to smoke, **quickly** do something else:

- Take a few deep breaths.
- Think about something or some place that makes you feel good.
- Distract yourself with a piece of chewing gum or a healthy snack.
- Take a walk.
- Call a friend.
- Play a game or look at pictures.

Doing these things will make you want to smoke less.



“When I take a walk, the urge to smoke passes.”



“Whenever I want to smoke, I look at pictures of my grandchildren.”



# When You Are Ready To Quit

Pick a “quit date” to stop smoking.

Tell your friends and family you will stop smoking on your quit date.

Ask your doctor or pharmacist about medicines (or nicotine replacements) to help you quit smoking. The medicines come as:

- Pills
- Gum
- Patches
- Lozenges
- Nasal spray
- Inhalers

On your quit date, throw away your cigarettes, ashtrays, lighters, matches, and anything else that makes you think about smoking. The harder it is to get a cigarette, the easier it will be to quit.

Quitting is not easy. Ask others for help. Get a personal quitting coach...free! Call **1-800-QUIT-NOW** (1-800-784-8669) or a local quit line for support.



# Tips From Former Smokers

The people who really understand!



“Now I chew gum when I drive.”



“I found a friend who wanted to quit with me.”



“I felt like I needed something to do with my hands, so I took up a hobby.”



“When I thought I couldn’t get by without a cigarette, I called the quit line.”



# What To Expect

**After 1 day**...you may cough more than usual.

**After 3 days**...you are still coughing more than usual—this is normal.  
But you may start noticing it is easier to breathe.

**In a few weeks**...you will be able to walk more easily.  
Your lungs can hold more air. You will have more energy.

**In a few months**...you will be less tired. Your cough will be better.

**In 1 year**...your risk of a heart attack will be half of what it was  
when you were smoking.



“I’ve taken up scrapbooking. It gets my mind off smoking.”



# You *Can* Do It!

Here is a list of things to help you get ready to quit:

1. Call the quit line (1-800-QUIT-NOW) and tell them you are thinking about quitting soon.
2. Pick a quit date. Write it here:\_\_\_\_\_.
3. Prepare for your quit date:
  - ☐ Buy healthy snacks (sugar free gum, carrot sticks, popcorn).
  - ☐ Talk to your doctor about pills, patches, or gum to help you stop smoking.
  - ☐ Make plans to spend time with people who don't smoke.  
Stay away from places that remind you of smoking.
  - ☐ Find a hobby that will keep your hands busy.

“I was smoking 2 packs a day.  
If I can quit, so can you.”



#### 4. On your quit date:

- ☐ Throw away cigarettes, ashtrays, lighters, and matches.  
Don't leave extras at home, in your car, or at work.
- ☐ Start using your pills, patches, or gum.
- ☐ Stay busy with people and activities that don't remind you of smoking.
- ☐ Keep healthy snacks and drinks nearby.
- ☐ Keep your hands occupied.
- ☐ Try to change your normal routine a little, like your meal time or your route to work.



“We quit together.  
Now we help each other when  
the smoking urge hits.”

# Acknowledgments

*Caring For Your Heart: An Everyday Guide for You and Your Family* was developed with the help of people with heart disease, their family members, primary care doctors, nurses, cardiologists, and pharmacists under the direction of the following:

**Louisiana State University Health Sciences Center -Shreveport**

Terry Davis, PhD; Connie Arnold, PhD; Daci Platt, BA

**University of California, San Francisco; Center for Vulnerable Populations at San Francisco General Hospital**

Hilary Seligman, MD, MAS; Neda Ratanawongsa, MD, MPH; Andrea López, BS; Ricardo Muñoz, PhD

**University of North Carolina at Chapel Hill**

Darren DeWalt, MD, MPH; Zachary Warner, BA; Diane Dolan-Soto, LCSW

---

The content, articles, information, documents and opinions expressed in the *Caring for Your Heart: An Everyday Guide for You and Your Family* guide do not necessarily reflect the official position of the American College of Physicians, Inc. (“ACP”), its officers, directors, employees, agents and representatives, and ACP makes no representations, warranties, or assurances, expressed or implied, as to the accuracy or completeness of the information provided herein.

The information contained herein is not to be construed as legal or medical advice. A licensed medical doctor should always be consulted for medical advice. Additionally, the information herein does not constitute or is not to be substituted for individual clinical judgment and is not to replace the need to consult with professionals. The information provided herein is offered “as is” for informational and educational purposes only and any action or outcome from its use is the responsibility of such user or viewer.

To the fullest extent possible by law, ACP disclaims all warranties, express or implied, including but not limited to any implied warranty of non-infringement, merchantability and/or fitness for a particular purpose in connection with the *Caring for Your Heart: An Everyday Guide for You and Your Family* guide, or that materials will be error free, or that defects will be corrected, or that the product is free of viruses or the harmful component, not shall ACP be liable for damages of any kind, including, direct, indicated, incidental, special consequential or exemplary damages, or other claims, arising out of the use of the inability to use the *Caring for Your Heart: An Everyday Guide for You and Your Family* guide or the materials contained therein or from errors contained in the materials.



# My Important Numbers

Doctor: \_\_\_\_\_

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

Pharmacist: \_\_\_\_\_

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

Nurse: \_\_\_\_\_

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

Family member: \_\_\_\_\_

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

Other: \_\_\_\_\_

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



To order, go to: [www.acponline.org/caringguide](http://www.acponline.org/caringguide)

Product Code: 11033410E

Copyright 2016. American College of Physicians, Inc. (ACP) All rights reserved.

CPP6020