



How Can I Monitor My Cholesterol, Blood Pressure and Weight?

High cholesterol, high blood pressure and being overweight or obese are major risk factors for heart disease and stroke. You should be tested regularly to know if you have high blood cholesterol or high blood pressure. That's because elevated cholesterol and blood pressure have no warning signs. And you should talk to your doctor about a healthy weight for you.

You can manage your blood pressure, blood cholesterol levels and weight with the tracker below. Work with your healthcare provider to determine your "goal" levels. Then ask how often to measure your levels. Record your levels and the date they were taken to track your progress.

Have your cholesterol levels measured every five years, or more often if needed. A lipoprotein profile is the best measurement.



	Goal	Date	Date	Date	Date	Date
Blood Pressure						
Total Cholesterol						
LDL Cholesterol						
HDL Cholesterol						
Weight						

What can I do to lower my cholesterol and blood pressure?

If your cholesterol is borderline high or high, limit your cholesterol intake to <200 mg/day.

- Eat a nutritious, well-balanced diet low in saturated fats, trans fats and cholesterol that includes a variety of fruits, vegetables and fat-free and low-fat dairy products.

- Eat oily fish twice per week
- Choose lean cuts of meat, trim all visible fat and throw away the fat that cooks out of the meat. Remove the skin from poultry.
- Substitute meatless or "low-meat" main dishes for regular entrees.
- Use a minimal amount of fats and oils, usually no more than 2 to 3 servings a day depending on your caloric

(continued)



needs. Limit excess calories, stay in energy balance and avoid sugar-sweetened beverages.

- Keep sodium to 1500mg/day or less. Limit your intake of processed, packaged and fast foods which tend to be high in sodium,
- Limit the amount of alcohol you drink. If you're a woman, don't drink more than one drink a day. If you're a man, have no more than two drinks a day.
- Aim for at least 150 minutes a week of moderate-intensity physical activity, such as brisk walking.
- Take your medicines as prescribed.
- Don't smoke and avoid exposure to second-hand smoke.

How can I manage my weight?

Even modest weight loss (5 to 10 percent of your body weight) can help lower your risk for heart disease and stroke. Check with your doctor before starting a program.

- Reduce the number of calories you eat. Excess calories add excess weight.



- Get at least 150 minutes of moderate-intensity aerobic physical activity, such as brisk walking, a week. To lose weight, some people need to do 300 or more minutes of moderate-intensity physical activity a week.

HOW CAN I LEARN MORE?

- 1 Talk to your doctor, nurse or other healthcare professionals.** If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
- 2 Call 1-800-AHA-USA1** (1-800-242-8721), or visit heart.org to learn more about heart disease.
- 3** For information on stroke, call **1-888-4-STROKE** (1-888-478-7653) or visit us at StrokeAssociation.org.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

What kind of physical activity would be good for me?

How can I know what my weight should be?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit heart.org/answersbyheart to learn more.

Knowledge is power, so Learn and Live!