

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 doctor 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.

Exercise 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 directly reduces 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 doctor.**

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 all of the meat product	Trimming fat from meat and skin from chicken.
Eating egg yolks	Eating egg whites or egg substitutes.

This information is available for free in other languages. Please contact our customer service number at **1-855-355-9800** or TTY **1-855-358-5856**, 24 hours a day, 7 days a week.

Esta información está disponible en otros idiomas de forma gratuita. Comuníquese con nuestro número de servicio al cliente al **1-855-355-9800** o TTY **1-855-358-5856**, las 24 horas del día, los 7 días de la semana.

Enfòmasyon sa a disponib gratis nan lòt lang. Tanpri rele sèvis kliyan nou an nan nimewo **1-855-355-9800** oswa TTY **1-855-358-5856**, 24 sou 24, 7 sou 7.

