



My healthy heart management plan

Name:										DC	OB:/	/	
My risk of having a heart at	ack or	stro	ke i	s			%						
LOW RISK < 5%	IN	INTERMEDIATE RISK 5 to < 10%								HIGH RISK ≥ 10%			
Less than 5 in 100 people like you, chance of having a heart attack or stroke in the next 5 years	you,	Between 5 to 10 people in 100 like you, chance of having a heart attack or stroke in the next 5 years.						like	At least 10 or more people out of 100 like you, chance of having a heart attack or stroke in the next 5 years.				
0%	5%								10%				15%
				l	- 1		1		1	1	1	1	
Low Risk			Intern	nedic	ate Ris	k					High R	isk	
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My risk of having a heart at						ase(d be	eca	use				
Smoking	High blood pressure						Family history						
Unhealthy diet	High cholesterol					Other:							
Being physically inactive	Di	Diabetes											
Alcohol intake	CI	Chronic kidney disease											
Steps I can take to reduce n	ny risk	of a	hec	art c	itta	ck c	or st	rok	е				

Medical goals

	My current level	My goal (be specific- how and when)
Systolic blood pressure (mmHg)		
Total cholesterol (mmol/L)		
Low density lipoprotein cholesterol (LDL-C) or 'bad cholesterol'		





New medication (if any)

Туре	Name	Dose	How to take	Notes
Blood pressure-lowering				
Cholesterol-lowering				
Other				

Lifestyle goals

	Heart Foundation goal	My goal (be specific- how and when)
Smoking	Quit smoking and/or avoid second-hand smoke	
Healthy eating	 Eat a heart-healthy diet: Eat plenty of vegetables, fruit, and wholegrains. Include a variety of healthy protein-rich foods from animal and/or plant sources (e.g. legumes such as chickpeas and lentils). Choose unflavoured milk, yoghurt, and cheese. Include foods that contain healthy fats and oils (e.g. olive oil, nuts and seeds, and animal sources such as fish). Use herbs and spices to flavour foods instead of salt. Avoid highly processed and discretionary (junk) food items. Restrict salt intake to reduce blood pressure, consider DASH diet. Consider a Mediterranean-style diet. Regular consumption of oily fish. 	
Physical activity	Engage in regular, sustainable physical activity. Start small and aim to build up to doing 30 minutes of moderate-intensity physical activity (e.g. brisk walking) on most days of the week	
Alcohol	Drink no more than 10 standard alcoholic drinks per week and no more than 4 on any one day	
Weight	Achieve and maintain a healthy weight	
Other		





Further support/referrals

Name & contact details of health professional, service or program	What do I need to do?
Heart Foundation recipes and heart healthy dinner plans	Visit heartfoundation.org.au , and search 'recipes'
Heart Foundation personal walking plans and walking groups	Visit walking.heartfoundation.org.au
Plan prepared by:	
Name:	
Position:	
GP's name:	
My next appointment is:	
Date:/	
My next Heart Health Check is:	
Date:/	

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