

## Heart and Stroke Education Session

During class, we will spend some time discussing 2 key clinical targets that affect your risk for heart disease and stroke – Blood Pressure and Cholesterol

Blood Pressure	Cholesterol
<ul style="list-style-type: none"><li>• Chronic high blood pressure can cause damage to the inside lining of the artery walls</li><li>• This increases the chance of plaque build-up which can lead to heart attack or stroke</li><li>• Over time, high blood pressure can also weaken the heart muscle</li> <li>• My target:</li> <li>• My current BP readings:</li></ul>	<ul style="list-style-type: none"><li>• Too much cholesterol can increase the chance of plaque build up in our arteries which can lead to heart attack or stroke</li><li>• Target values depend on your risk profile however once you have had a heart event or stroke, the targets become much lower.</li> <li>• I am (circle one):<ul style="list-style-type: none"><li>• High risk</li><li>• Low risk</li><li>• Unsure</li></ul></li> <li>• My current cholesterol numbers are:<ul style="list-style-type: none"><li>• LDL_____</li><li>• HDL</li><li>• Triglycerides</li><li>• Non-HDL_____</li></ul></li></ul>

\*Blood glucose/HbA1C are also important clinical targets for those that have Diabetes or Pre-Diabetes.

There are several Non-Modifiable risk factors for Heart Disease and Stroke. While we cannot change these, it can be helpful to assess our overall risk. Circle any that you think apply to you:

**Age** (risk increase in men over 45 and women after menopause)

**Gender** (men are always at greater risk than men)

**Heredity** (if heart disease or stroke run in your family, your risk is greater, especially if mom, dad, or siblings had a heart event/stroke under age 55)

**Ethnicity** (African, Asian, South Asian and Indigenous people are at greater risk)



Now it's time to choose where to start:



Which Risk Factor do you identify as most important to you right now?  
What do you want to work on first?

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Why is this important to you? How would managing this risk factor  
improve your health?

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My Goal:

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Possible Strategies to meet my goal :

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Pick one Strategy for your Action Plan:

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Your Action Plan:

- What
- When
- How much
- Importance
- Confidence