

# 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

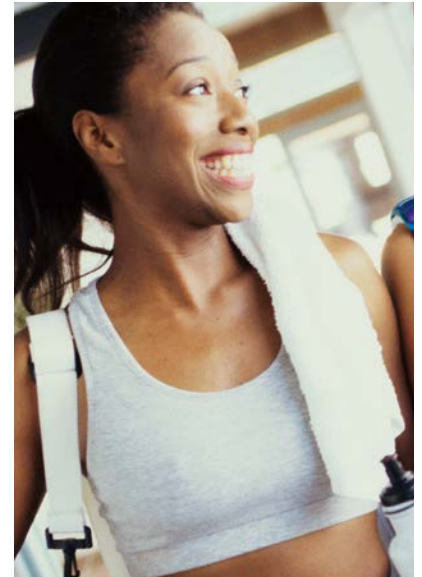
You can lower your risk of future heart problems by exercising often.

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.**

## Main Lifestyle Changes for People With Coronary Artery Disease (CAD)

### 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.

If you need this information in English, contact Member Services by calling 202-408-4720 or 1-800-408-7511, 24 hours a day.

Si necesita esta información en español, comuníquese con Servicios al Miembro llamando al 202-408-4720 o 1-800-408-7511, las 24 horas del día.


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إذا احتجت إلى هذه المعلومات باللغة العربية، يرجى الاتصال بفريق خدمة الأعضاء على الرقم 202-408-4720 أو الرقم 1-800-408-7511، وذلك على مدار الساعة.

Si vous avez besoin de ces renseignements en français, veuillez contacter les Services aux membres en appelant au 202-408-4720 ou au 1-800-408-7511, 24 heures sur 24.

如果您需要用中文獲得此資訊，可每天 24 小時致電 202-408-4720 或 1-800-408-7511，聯絡會員服務部。

Se necessitar estas informações em Português, entre em contato com o Serviços para Associados ligando para 202-408-4720 ou 1-800-408-7511, 24 horas por dia.

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 GOVERNMENT OF THE DISTRICT OF COLUMBIA  
MURIEL BOWSER, MAYOR 

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**AmeriHealth Caritas**  
District of Columbia

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