

NURSE NOW LINE

St. Elizabeth Physicians' Nurse Now Line is available anytime, day or night, to answer your healthcare questions.

To Speak directly with a Registered Nurse, call **888-4STE-NOW (478-3669)** or schedule a virtual visit at stedocs.com/virtualhealth

St. Elizabeth Healthcare

1 Medical Village Dr.
Edgewood, KY 41017

stelizabeth.com/heart

(859) 287-3045

HEART DISEASE



HEART DISEASE

RISK FACTORS

- Family History
- Obesity
- Lack of Exercise
- Diabetes Mellitus
- High BP
- Poor Diet(High Fat, Sodium)
- Age
- High Cholesterol
- Stress
- Smoking

SIGNS / SYMPTOMS WHEN TO CALL 911

- Chest pain, Pressure, Tightness
- Pain, discomfort in arms, jaw, back or upper stomach
- Short of breath
- Dizzy/Lightheadedness
- Nausea/Vomiting
- Sweating

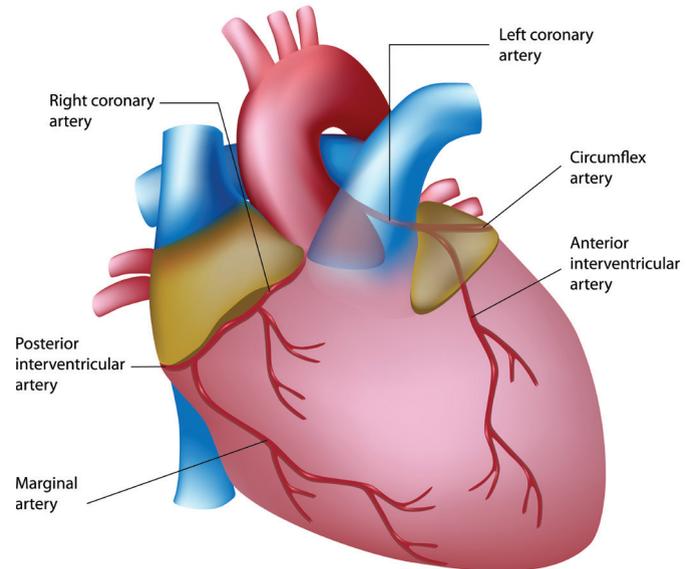
SMOKING CESSATION

Quitting tobacco for good is one of the best things you can do for your heart health and overall well-being. If you are a smoker, you should stop as soon as you know that you'll need surgery. Tobacco use can hinder your recovery, including slow wound healing, infection and poor outcomes.

If you would like help, St. Elizabeth offers Freedom from Smoking – a **FREE 7-week tobacco cessation program** developed by the American Lung Association.

For more information about Freedom from Smoking, call **(859) 301-5570**.

ARTERIAL SUPPLY OF THE HEART



Cholesterol Level: _____

Total Cholesterol: _____

HDL: _____

LDL: _____

Triglycerides: _____

Weight: _____

BMI: _____

Blood Pressure: _____

MED COMPLIANCE

Do NOT stop taking ASA, Plavix, Brilinta or Effient for any reason without first discussing with your doctor due to risk of heart attack or death.