## Coronary Artery Disease Stoplight Tool

### Every Day
- Do not smoke.
- Take medications as prescribed.
- Maintain a healthy weight.
- Eat healthy, a lot of fruits and vegetables.
- Avoid foods high in salt (sodium), fat (especially trans fats) and cholesterol.
- Avoid adding salt to your meals.
- Exercise regularly (30 minutes, three times per week), start by walking.
- Avoid stress.
- Limit alcohol.

### Green Zone
- No chest pain
- Able to exercise for 30 minutes without chest pain or feeling “winded”
- Following healthy diet
- No problems from medications

**ALL CLEAR! This zone is your goal. Keep up the good work!**

### Yellow Zone
- You have more frequent or severe episodes of chest pressure or chest pain (especially while at rest).
- The chest pressure causes sweating, shortness of breath or feeling sick to your stomach.
- You are feeling lightheaded or dizzy.
- You have chest pressure or pain that goes to your arm or neck.
- You are taking nitroglycerin more frequently for chest pain or pressure (angina).

**CAUTION! This zone is a warning and you should call your doctor.**

### Red Zone
- Chest, neck or arm pressure, pain or tightness that does not go away with rest or after taking nitroglycerine.

**EMERGENCY! Call 911 or have someone take you to the Emergency Room!**

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Reference: [www.ihi.org](http://www.ihi.org) CareNotes® Coronary Artery Disease - General Information