

Vascular Care: Putting the Pieces Together

There are important ways you can work with your health care provider to manage your vascular disease and continue to live a healthy life.

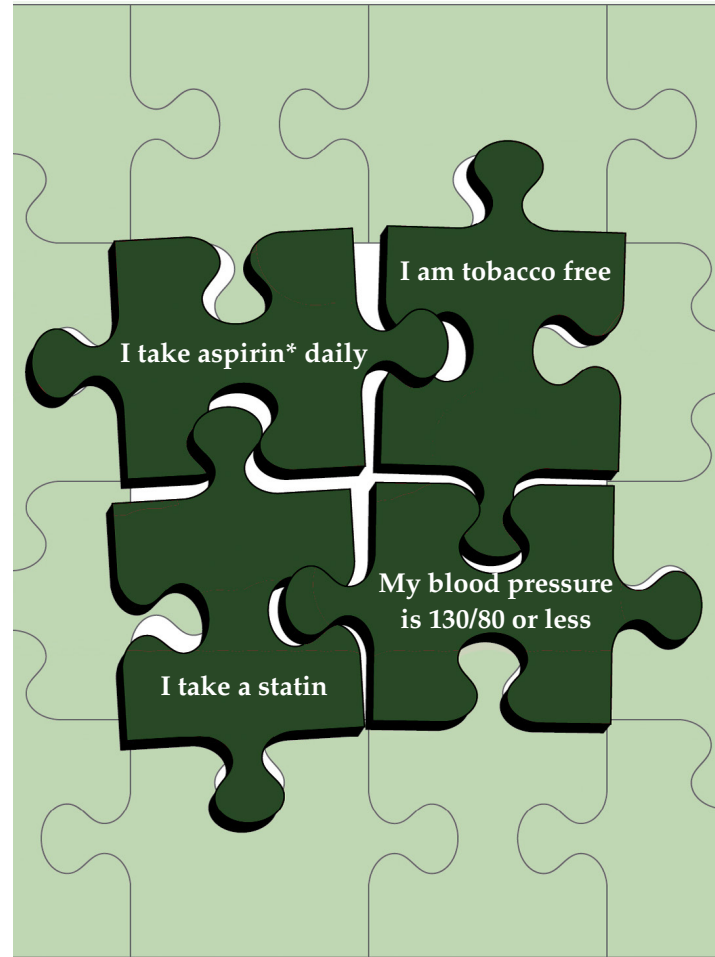


*Always check with your health care provider before starting aspirin use.



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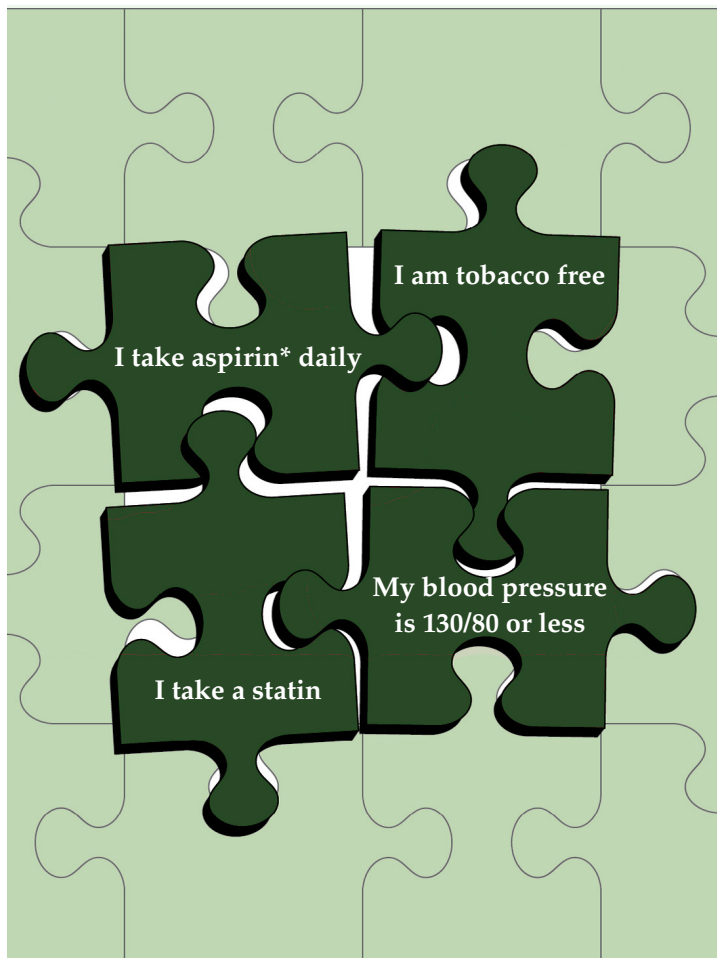


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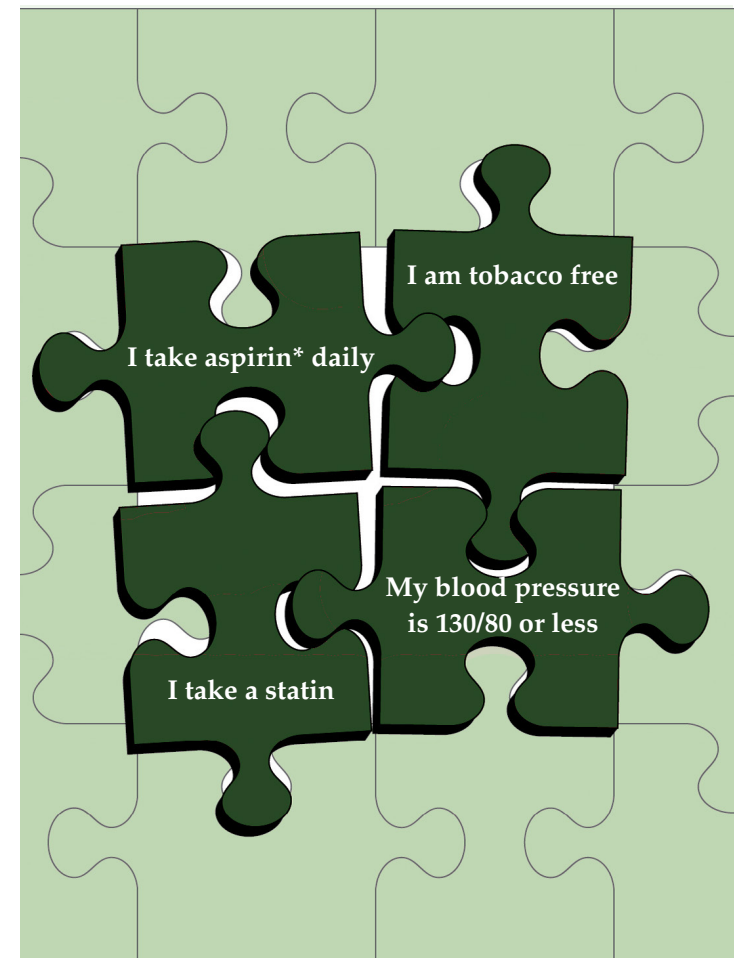


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	Your Goal	Your Results	In Control
LDL	100 mg/dL or less*	_____	<input type="checkbox"/>
BP	130/80 or less	_____	<input type="checkbox"/>
Aspirin	Daily**	Y/N	<input type="checkbox"/>
Tobacco Use	No	Y/N	<input type="checkbox"/>

*Guidelines for LDL are based on your overall risk for heart disease. If you have diabetes or heart disease, consider taking a statin medicine to protect your arteries. Talk with your health care provider about your LDL goal.

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Health care provider: _____

Notes: _____

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