Monroe County Medical Society Community-wide Guidelines

Diagnosis, Prevention and Management of Coronary Artery Disease

Resources for Physicians

**American Heart Association** (The American Heart Association is a national voluntary health agency to help reduce disability and death from cardiovascular diseases and stroke.)
Provides featured science news, research, cardiovascular risk calculator and daily e-newsletter.

**Centers for Disease Control**

Resources for Patients

**American Heart Association**
(The American Heart Association is a national voluntary health agency to help reduce disability and death from cardiovascular diseases and stroke.)
- *Answers by Heart*: Downloadable Q & A patient information sheets, in English and Spanish, on cardiovascular conditions, tests and treatments and lifestyle and risk reduction.
- *Caregiver Resources*: online support communities, printable resources and monthly e-newsletter.

**Centers for Disease Control**
Information about physical activity for adults and older adults.

**DASH Eating Plan**
Online booklet with information about servings and food groups for the DASH eating plan; tips on switching to the DASH eating plan; lowering sodium intake, using herbs and spices, and comparing labels; and how to lose weight.

**Mediterranean Diet**
Information in English and Spanish from Medline Plus, a service of the U.S. National Library of Medicine National Institutes of Health.

**Million Hearts**
Information on ABCS of prevention, Practice Healthy Living Habits

**National Heart Lung & Blood Institute**
Tips for a lifelong approach to prevent and control coronary heart disease risk factors.

**USDA Choose My Plate**
- *Tips for increasing physical activity* – How to make physical activity a regular part of the day at home, work and play.
- *How much physical activity is needed?*

*Guidelines are intended to be flexible. They serve as reference points or recommendations, not rigid criteria. Guidelines should be followed in most cases, but there is an understanding that, depending on the patient, the setting, the circumstances, or other factors, care can and should be tailored to fit individual needs.*