






## MAKING THESE HEALTHY LIFESTYLE CHANGES WILL HELP

-  Eat a balanced diet – less saturated fat and salt and more fruits and vegetables
-  Quit smoking
-  Get regular exercise
-  Lose weight – as little as five per cent of your body weight will help
-  Limit alcohol

### Take your medication exactly the way your doctor prescribed (in other words, stick2it!)

While it's common to be forgetful and taking medications can be confusing, it's important for your health to get your prescription filled, then take the right dosage at the right time for the right length of time. Remember, drugs don't work if you don't take them.

### WE KNOW IT'S HARD TO CHANGE...

But research shows that with education and support, such as through pharmacist health coaching, people like you can make the changes needed to control high blood pressure, high cholesterol and reduce overall cardiovascular risk.

[ A 2014 study showed that without support only about **50%** of patients had their blood pressure under control during the study period, but with pharmacist support, that number went up to **82%**.<sup>5</sup> ]

## HERE'S WHERE YOU WRITE DOWN YOUR APPOINTMENT INFORMATION

### For your schedule appointment, please bring:

- Your GSC ID card
- Your completed Preparing For Your Appointment form
- All of the medications you are currently taking

### When are your appointments?

Initial Assessment: Date \_\_\_\_\_ Time \_\_\_\_\_

1<sup>st</sup> Follow Up: Date \_\_\_\_\_ Time \_\_\_\_\_

2<sup>nd</sup> Follow Up: Date \_\_\_\_\_ Time \_\_\_\_\_

3<sup>rd</sup> Follow Up: Date \_\_\_\_\_ Time \_\_\_\_\_

### About your pharmacy...

PHARMACY INFORMATION

### CONGRATULATIONS!

You've taken your first steps in improving your cardiovascular health.

Change4Life™

# WELCOME TO THE PHARMACIST HEALTH COACHING – CARDIOVASCULAR PROGRAM



If you have drug benefits under a Green Shield Canada (GSC) benefits plan, you may be invited to participate in the **Pharmacist Health Coaching – Cardiovascular Program**, a service provided by pharmacists that focuses on your cardiovascular health.

Please read the information in this pamphlet and, if you would like help to make some heart-healthy changes, ask your pharmacist whether you qualify to participate in the program. You'll also have an opportunity to ask questions and schedule your first appointment – at your convenience, of course.

## OFFERING HELP AND SUPPORT

The goal of the Pharmacist Health Coaching – Cardiovascular Program is to offer strategies that will help you:

1. manage your blood pressure and cholesterol,
2. optimize your medication therapy, and
3. achieve your goals for improved overall cardiovascular health.



THE PROGRAM CONSISTS OF A TOTAL OF **FOUR SESSIONS**:

**AN INITIAL ASSESSMENT**, where you will meet one-on-one with your pharmacist to review your drug therapy, complete a risk factor assessment, and establish goals that will have a positive effect on your overall health.

**THREE FOLLOW-UP SESSIONS**, ideally scheduled one to two months apart, where the pharmacist will help you assess your progress and modify your plan as necessary.

### Did You Know ...

#### ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat that's found in our blood as well as in certain foods. We all need a small amount to make cell membranes, vitamin D, and hormones; however, our bodies produce all we need.

Having high cholesterol means you have too much bad cholesterol in your blood where it can build up into plaque on the artery walls narrowing the arteries (atherosclerosis). This makes it harder for blood to flow through your body.<sup>1</sup>

#### IF NOT MANAGED, BAD THINGS CAN HAPPEN...

##### HIGH CHOLESTEROL CAN LEAD TO:

- Stroke
- Heart attack
- Angina<sup>2</sup>

##### THERE ARE TWO TYPES OF BLOOD CHOLESTEROL:

- Low-density lipoprotein (LDL) cholesterol = bad cholesterol
- High-density lipoprotein (HDL) cholesterol = good cholesterol

### Did You Know ...

#### ABOUT HIGH BLOOD PRESSURE?

Blood pressure is the force of the blood pushing against the walls of our arteries. It's measured with two numbers:

**the systolic** (the top or larger number)

**the diastolic** (the bottom or smaller number)

With high blood pressure, or hypertension, your heart has to work harder to pump blood through your blood vessels. This causes damage to the heart and blood vessels.<sup>3</sup>

#### IF NOT MANAGED, BAD THINGS CAN HAPPEN...

##### HIGH BLOOD PRESSURE CAN LEAD TO:

- Heart attack
- Heart failure
- Stroke
- Kidney disease
- Vision problems
- Erectile dysfunction
- Dementia<sup>4</sup>

##### Notes:

<sup>1</sup>Heart & Stroke Foundation, [www.heartandstroke.com/site/c.iklQLcM-WJtE/b.3484027/k.8419/Heart\\_disease\\_\\_High\\_blood\\_cholesterol.htm](http://www.heartandstroke.com/site/c.iklQLcM-WJtE/b.3484027/k.8419/Heart_disease__High_blood_cholesterol.htm)

<sup>3</sup>Heart & Stroke Foundation, [www.heartandstroke.com/site/c.iklQLcM-WJtE/b.3484023/k.2174/Heart\\_disease\\_\\_High\\_blood\\_pressure.htm](http://www.heartandstroke.com/site/c.iklQLcM-WJtE/b.3484023/k.2174/Heart_disease__High_blood_pressure.htm)

<sup>4</sup>Hypertension Canada, [hypertension.ca/en/hypertension/what-do-i-need-to-know/health-risks-associated-with-high-blood-pressure](http://hypertension.ca/en/hypertension/what-do-i-need-to-know/health-risks-associated-with-high-blood-pressure)

<sup>5</sup>"The Impact on Community Pharmacist Interventions in Hypertension Management on Patient Outcomes: A Randomized Controlled Trial," Ontario Pharmacists Association and Green Shield Canada, January 8, 2014, [https://www.opatoday.com/Media/Default/Reports/Hypertension%20Study%20-%20Final%20Report%20\(January%208%202014\).pdf](https://www.opatoday.com/Media/Default/Reports/Hypertension%20Study%20-%20Final%20Report%20(January%208%202014).pdf)