

Better Health with MAWDS

The things you do every day can make a big difference

MEDICATIONS

Your medications work to improve your health.



- Keep an updated list of your medications, including dosages. Know what each one does.
- Take your medications at the same time every day, as prescribed.
- Don't skip doses, even if you're feeling well.
- Refill your prescriptions on time — don't let yourself run out of medication.
- Don't stop taking your medications without talking to your healthcare provider.

ACTIVITY

Regular physical activity strengthens your body and lifts your spirits.



- Find a way to make activity a part of your daily life. Set up an exercise plan that includes activities you are able to do and you enjoy.
- Follow your healthcare provider's instructions for increasing your activity.
- Build up to at least 30 minutes of moderate exercise on most days.
- Be more active all day long — sit less, take the stairs, pace the floor while talking on the phone, etc.
- Stop and rest if you feel lightheaded, tired, or short of breath.

WEIGHT

Extra weight means extra work for your heart and other organs.



- Maintain a healthy weight with daily exercise and a healthy diet.
- Weigh yourself regularly and be aware of your trends.
- Call your healthcare provider if you lose or gain 10 pounds or more and don't know why.

DIET

What you eat and drink can have a big effect on your health. First tip? Eat plenty of fresh vegetables and fruits.



- Eat plenty of vegetables and fruits.
- Make half of the grains you eat *whole* grains — whole-wheat bread, brown rice, etc.
- Select heart-healthy proteins like fish, beans, nuts, and poultry.
- Select low-fat dairy products or dairy alternatives.
- Read food labels to help you choose unsaturated fats and oils.
- Watch your portion sizes.
- Limit caffeine and alcohol.
- Limit salt.

SYMPTOMS

Catching symptoms early can prevent complications or an emergency.











- **Call your healthcare provider if you have any of the following symptoms:**
 - Trouble breathing.
 - Unusual or increased pain.
 - Racing or irregular heartbeat.
 - Unusual or unexplained swelling.
 - Unexpected or uncontrolled bleeding.
 - Persistent nausea, vomiting, or diarrhea.
 - Dizziness, lightheadedness, or weakness.
 - High fever that lasts more than 72 hours.
 - Hives, or any suspected reaction to medication.
 - Changes in mental status, such as headache and confusion.
 - Any symptom that causes you concern or is unusual for you.
- **Call 911 for:**
 - Any of the above symptoms that are severe.
 - Chest pain or heaviness in the chest.
 - Face drooping, arm weakness, or changes in speech.

...and if you **SMOKE**, stop.
Call 1-888-567-8788
for free help.

Remember to follow up with your healthcare providers.
Everyone needs to have a specific plan for their own health.

My MAWDS Action Plan

<p>Signs I'm doing well:</p>	 <p>Keep up the good work! Follow MAWDS every day!</p>	 <p>MEDICATIONS</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Symptoms to watch for — and call my healthcare provider:</p> <p>Who to call if I have questions or concerns:</p> <p>_____</p>	 <p>Call your healthcare provider to find out how to prevent symptoms from becoming severe.</p>	 <p>ACTIVITY</p> <p>_____</p> <p>_____</p> <p>_____</p>  <p>WEIGHT</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Signs I need to get help IMMEDIATELY:</p>	 <p>Call your healthcare provider or go directly to the emergency room. DO NOT try to treat this yourself.</p>	 <p>DIET</p> <p>_____</p> <p>_____</p> <p>_____</p>  <p>SYMPTOMS</p> <p>_____</p> <p>_____</p> <p>_____</p>

<p>Follow-up appointment</p> <p>Date and time: _____</p> <p>Place: _____</p>	<p>Referrals:</p>
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