



Participant Profile

A 44-year-old female with coronary artery disease (CAD) and a co-morbidity of heart disease is enrolled in the *Alere Coronary Artery Disease Program*.

Health Concerns

The participant wants to improve her overall health by learning how to make healthier lifestyle choices.

Discoveries

- The participant underwent a stent placement in 2005.
- She is not familiar with medications that are used to manage cardiac conditions.
- The participant exercises regularly and has lost 28% of her body weight since 2005.
- Her current body mass index is 30.34.
- The participant reports choosing low fat and low salt foods.
- She has undergone a colonoscopy and stress test.
- The participant states that she wants to be healthy.

Interventions

- The Care Manager provided education on coronary artery disease that included information on symptom management and when to call a doctor about her condition.
- She discussed the usage and purpose of several medications including ACE inhibitors, nitroglycerin, Toprol, Pneumovax, beta-blockers and statins.
- The Care Manager urged the participant to discuss medication management with her physician.
- She suggested the participant incorporate water aerobics into her daily exercise program for a new challenge.
- The Care Manager suggested the participant undergo several annual screenings or vaccinations for colorectal cancer, breast cancer and the flu.
- The Care Manager instructed the participant on how to administer and self breast exam.

Improvements

- The participant has not suffered any further cardiac symptoms.
- She discussed medication options with her physician.
- The participant is continuing to make healthy food choices and has increased her physical activity.
- The participant has now set a goal for a five to ten pounds weight loss.
- Her blood pressure remains low and her recent stress test went well.