



# Vascular Associates of San Diego

Vascular Surgery & Endovascular Specialists

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## VASCULAR DISEASE RISK FACTORS *(Bad Stuff)*

_____ Diabetes Mellitus	Goal: HbA1c < 7%	Current: _____
_____ Blood Pressure	Goal: < 130/80	Current: _____
_____ Smoking	Goal: NO Smoking	Current: _____
_____ HDL (GOOD) Cholesterol	Goal: Female > 50 & Male > 40	Current: _____
_____ LDL (BAD) Cholesterol	Goal: < 100	Current: _____
_____ Triglycerides	Goal: < 150	Current: _____
_____ Weight Control	Goal: BMI < 25	Current: _____
_____ Physical Activity	Goal: 30 min/day & 5 days/week	Current: _____
_____ Stress	Goal: < 7 on scale of 1-10	Current: _____
_____ Family History		Current: _____

## VASCULAR DISEASE MEDICATIONS *(Good Stuff)*

_____ Antiplatelet Agent (Aspirin, Plavix, or both)	Current: _____
_____ Angiotensin-converting Enzyme Inhibitor	Current: _____
_____ Statin Agent	Current: _____
_____ Beta-Blocker Agent	Current: _____
_____ Red Wine (Resveratrol)	Current: _____
_____ Omega-3 (Fish Oil)	Current: _____

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