SMOHIT Body Maintenance Toolbox Talks for the Sheet Metal Industry	**Treating and Preventing Atherosclerosis**	**Instructor Tips**
	• Treatments for atherosclerosis may include lifestyle changes, medicines, medical procedures or surgery.	• **Explain that treatment can help relieve symptoms, reduce risk factors in an effort to slow or stop the buildup of plaque, lower the risk of blood clots from forming, widen or bypass plaque-clogged arteries, and prevent atherosclerosis-related diseases.**
	• **Lifestyle changes:** o A **healthy diet** can prevent or reduce high blood pressure and high blood cholesterol and can help you maintain a healthy weight. o **Exercise** can lower many atherosclerosis risk factors, including LDL ("bad") cholesterol, high blood pressure, and excess weight; and can lower your risk of diabetes and raise your HDL (good) cholesterol level, which helps prevent atherosclerosis. o **Quit smoking (avoid secondhand smoke)** because it damages and tightens blood vessels, which can raise your risk of atherosclerosis. o **Managing stress** will help prevent heart attacks. ▪ **Do not deal with stress by** drinking, smoking, or overeating. ▪ Talking with family and friends, exercising, relaxation therapy and medication can help.	
	• **Medication** can help slow the progress of plaque buildup, lower cholesterol and blood pressure levels, and prevent blood clots from forming.	• **Remind workers to check with their doctor prior to starting an exercise program and for advice on how to quit smoking.**
	• **Medical Procedures or Surgery:** o **Angioplasty** is a procedure that is used to open blocked or narrowed coronary (heart) arteries. o **Coronary artery bypass grafting (CABG)** is a procedure where arteries or veins from other areas in your body are used to bypass (go around) narrowed coronary arteries. o **Carotid endarterectomy** is a procedure where plaque is removed from the arteries in the neck.	• **Remind workers that their doctor can provide more information on atherosclerosis.**
	Notes:	

Jobsite: _____   Date: _____

Supervisor: _____   G.C. _____

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