



APPENDIX B: INSTRUCTIONS FOR WAISTLINE MEASUREMENT

Source: Heart and Stroke Foundation of Canada³⁰

1. Patient standing upright.
2. Have patient inhale, fully exhale, breathe normally.
3. Place tape around waist:
 - Men: should be measured at the navel;
 - Women: should be measured midway between the bottom of the ribs and the top of the hip bones.
4. Hold tape firmly but do not press in.
5. Make sure measuring tape is parallel to the floor to avoid misreading.
6. Take reading.

Patients are at significantly increased risk of health problems if their waist is:

- More than 35 inches (88 cm) for women;
- More than 40 inches (102 cm) for men.

APPENDIX C: TIPS FOR MEDICATION ADHERENCE

Source: Heart and Stroke Foundation of Canada³¹

If you have trouble remembering to take pills, establish a routine:

- Take your medications at the same time every day.
- Consider setting a separate alarm clock to remind you that it is time to take your medication.
- Try putting your medications in pill containers marked with the dates and times.
 - Check with your pharmacist first, as some medications need to be stored in the original containers.
- Use visual reminders, such as keeping your pills on the kitchen counter, or putting a sticker on your bathroom mirror.
- Mark your calendar with the date your prescription runs out, and fill your prescription before that date. In addition, count your tablets on the date the prescription should run out. If you have tablets left, you have forgotten to take some of the pills and need to try different methods to help you remember when to take them.
- Keep an up-to-date record of all your medications with you at all times. This is very important if you have a medical emergency, see a new doctor or nurse, or travel. When you travel, take along extra medications in case of delays, and be sure to keep your medications in your carry-on baggage.