Life After a Heart Attack

WHAT ARE MY CHANCES OF HAVING ANOTHER HEART ATTACK?
A previous heart attack increases your risk of having a second one. However, you can make changes to prevent a second heart attack. Stay in touch with your doctor!

If you recently experienced a heart attack, it is important that you take your prescribed beta-blocker medication for at least 6 months after your heart attack.
What Lifestyle Changes do I need to make?

- Quit smoking.
- Follow a healthy diet.
- Be physically active.
- Lose weight.

How Can I Manage my Health?

- Keep your blood pressure under control.
- Have your cholesterol level checked regularly.
- Have your glucose levels checked.
- If you have diabetes, keep your Hemoglobin A1C level within recommended range (target less than 8%).
Learn about your Heart Medicines

Did you know that your heart medicines lower your risk of sudden abnormal heart rhythms and sudden failure of your heart to pump after a heart attack? Your heart medicines also help prevent another heart attack.

What medicines will I take?
You will likely take these medicines:

- **Beta blocker** - This reduces how hard your heart has to work. Your doctor may recommend you take this medicine for at least six months.

- **ACE inhibitor** - This medicine helps your heart work better and lower your blood pressure.

- **Antiplatelet medicine** - This medicine helps prevent blood clots and keep your arteries/heart stents from closing off.
Is Cardiac Rehab Right for Me?

Cardiac rehab is **CRUCIAL** to your recovery. In cardiac rehab you will work with a team of medical professionals.

**Cardiac rehab has been proven to:**
- Decrease your risk of having another serious heart attack.
- Decrease your risk of dying.
- Gets you back to the things you want to do.

**In cardiac rehab you will:**
- Work to get your heart back on track again through supervised exercise and dietary consultations.
- Get the medical support you need to stay healthy.

**Coping With Your Emotions After a Heart Attack**

It’s **normal** to feel afraid, angry, irritated, resentful, and sad after your heart attack.

Did you know that **most people** who have had a heart attack go through all these emotions as part of their recovery?
- Don’t be afraid to ask for help.
- Have someone you can talk to.
- Learn ways that help you decrease your stress and anxiety.
- Take time for you.

**Your Doctor Can Help**

If the treatment you need is **too expensive**, your doctor can help you find ways for you to get the treatment you need.
What are the warning signs of another heart attack?

- Lingering chest discomfort
- Arm, back, shoulder, neck, and/or jaw pain
- Shortness of breath
- Profuse sweating
- Nausea
- Lightheadedness

What are the warning signs of a stroke?

- Sudden numbness, weakness, or inability to use your face, arm, or leg
- Difficulty walking
- Difficulty with your balance
- Sudden vision changes
- Drooling or slurred speech
- Difficulty speaking
- Difficulty understanding simple statements or confusion
- A sudden severe headache
What’s the difference between Angina and a Heart Attack?

- Stable angina follows a pattern and you can learn to predict when it will happen.
- Stable angina pain goes away after a few minutes.
- Make sure you tell your doctor whenever you have chest pain.

What should I do if I think I’m having a stroke or heart attack?

Call 911 immediately!

Every moment that passes by causes more damage to your heart and brain, so get help right away!