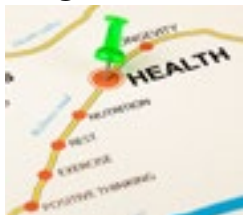


Care After a Heart Attack — At a Glance

For an Emergency, Call 911

Manage Your Risks



You can slow down your coronary artery disease if you manage these risks:

- Control your blood pressure.
- Get regular exercise.
- Eat a diet low in saturated fat and cholesterol.
- Watch your weight.
- Control your blood glucose (if you have diabetes).

- **Do not use tobacco.** If you need help quitting, ask your doctor for resources.



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Activity



Exercise should not be stressful to be helpful.

- Getting aerobic exercises (that raise your heart rate) every day will help reduce your cholesterol, weight and stress.
- Follow your walking schedule from Cardiac Rehab.
- Take rest periods. Don't get too tired.
- Sexual activity puts about the same demand on your heart as walking up two flights of stairs. Talk with your doctor about your concerns or questions.
- Stop what you are doing if you are short of breath or if you have chest discomfort. Rest until you feel better.

Medicines



Fill your prescriptions right away. Take your medicines as prescribed. Call your pharmacy one week before you need a refill.

- **aspirin:** reduces the chance of blood clots
- **beta-blocker:** reduces how hard your heart works
- **anti-platelet:** reduces risk of stroke, heart attack and other conditions caused by blocked arteries
- **ACE/ARB:** makes it easier for your heart to pump blood
- **statin:** lowers LDL ("bad") cholesterol levels
- **nitroglycerin:** relieves chest pain (angina):
 - Sit down. Place one tablet under your tongue.
 - If your chest pain does not go away in 5 minutes, **call 911** or follow your doctor's directions.

Self-care



- Avoid being outside in very hot and cold weather.
- Read all food labels for cholesterol, sodium (salt) and fat levels.
- Eat a diet low in sodium (salt), fat and cholesterol.
- Talk with your doctor about when you can drive and return to work.
- Relax and manage your stress. Severe or unneeded stress can cause your heart to pump harder and faster. Talk about your feelings with a family member or friend.
- You may feel anxious or sad. This is common. Talk with your doctor if you feel sad, depressed or nervous most of the time.

When to Call Your Doctor



- **Call 911 if you have:**
 - chest pain or pressure that does not get better after you take nitroglycerin
 - warning signs that do not get better when you rest.
- **Call your doctor if you have:**
 - increased shortness of breath, fatigue (tired) or energy loss
 - lightheadedness
 - heart palpitations, or irregular or fast heartbeat
 - rapid weight loss you can't explain
 - questions or concerns.

If you are not sure about what you are feeling, stop what you are doing. Call your clinic and ask to talk to a doctor or nurse.