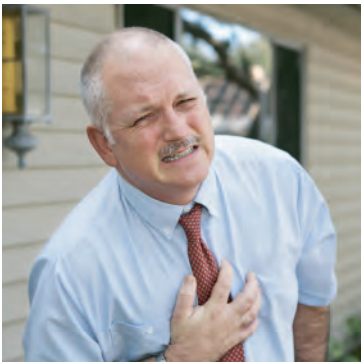


After Your Heart Attack

A heart attack damages the heart, and it can take 4-6 weeks for it to heal.



Ask your doctor when you can lift things again.



Call 911 if you have bad chest pains.



Take your medicines every day.

Here is what you can do to help it get better and prevent another heart attack.

Talk to your doctor about:

- What medicine you should take.
- What you should eat.
- When you can start:
 - Climbing stairs (in ____ days)
 - Lifting things (in ____ days)
 - Driving (in ____ weeks)
 - Having sex (in ____ weeks)
 - Going back to work (in ____ weeks)
- What kind of exercise program is good for you.

If you have pain in the chest, arms, neck or jaw at any time, **take an aspirin and call 911 or have someone take you to the hospital right away.**

Be sure to keep your next doctor's appointment. Date: _____

What you can do:

- Don't smoke or stay around others who are smoking.
- Get advice from your doctor about healthy eating.
- If you drink alcohol, ask how much is right for you.
- Ask your doctor about a healthy weight for you.
- Be sure to take your medicines every day:
 - Aspirin and other drugs keep your blood thin.
 - Other medicines keep your heart from working too hard.
 - Cholesterol medicine helps keep your cholesterol down even if you don't have high cholesterol.
 - High blood pressure medicine helps keep your blood pressure low.
 - If you are diabetic, medicine helps keep your blood sugar normal.
 - If you smoke, nicotine patches, nicotine gum or other medicine helps you stop smoking.