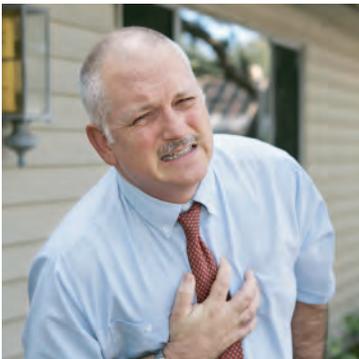


# After Your Heart Attack

**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.