



5 Ways to Lower Your Risk of a SECOND Heart Attack

1

TAKE YOUR MEDICATIONS

Take medications as your health care professional or health care team prescribed. They help you avoid another heart attack. It is important to understand your medications and take them correctly. Forgetting to take a dose or get a refill can lead to big health problems.



2

FOLLOW UP WITH YOUR HEALTH CARE PROFESSIONAL

Getting better means working together with your health care team. See your health care professional within 6 weeks of your heart attack to help keep your recovery on track.



3

PARTICIPATE IN CARDIAC REHABILITATION

Cardiac rehabilitation is a medically supervised program to help improve your physical and emotional recovery by increasing your physical fitness, helping you adopt heart-healthy living and addressing sources of stress.



4

MANAGE RISK FACTORS

Common risk factors include smoking, high cholesterol, high blood pressure and diabetes. Use prescribed medications and lifestyle changes, such as quitting smoking, eating healthy and getting active, to lower your risk of another heart attack.



5

GET SUPPORT

It is normal to feel scared, overwhelmed or confused after a heart attack. Sharing your journey to recovery with family, friends and other survivors can help reduce anxiety and loneliness.



Act now to prevent another heart attack. Visit heart.org/HeartAttack to learn more.

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