



General Information

Acute Myocardial Infarction (heart attack) is due to reduced blood flow and oxygen supply to the heart because of a blockage. The lack of blood flow and oxygen causes damage to the heart muscle. It is very important that you follow up with your doctor and follow the discharge instructions given to you. Please refer to your discharge instructions for your doctor's name and phone number to make an appointment. Keep all follow up appointments.

Lifestyle Changes

• High Blood Pressure:

Age, family history, race, extra weight, too much alcohol, and salt in the diet increase the chance of having a high blood pressure. Follow the doctor's orders for medications and diet (low salt) to help keep the blood pressure at the goal.

• High Blood Cholesterol

Learn your cholesterol number and follow the doctor's orders to lower the numbers if needed.

• Quit Smoking

For help, visit www.smokefree.gov or call your local quit hotline at 1-800-QUIT-NOW.

• Maintain a Healthy Weight

Try to reach and keep a healthy weight. Talk with the doctor about a healthy weight for you and how to reach it if needed.

• Exercise

Regular exercise is good for your heart health and can include things such as gardening and walking. Talk with your doctor about how to be physically active.

• Follow Medications Ordered by the Doctor:

Take medications as ordered because medications can help prevent another heart attack.

Which zone are you in today? Green, Yellow, or Red

KNOW YOUR ZONE

Which zone are you in today?

ALL CLEAR/GOAL ZONE

Your symptoms are under control and you have:

- No chest pain/discomfort
- No shortness of breath
- No cold sweats, nausea, heartburn, fatigue, or lightheadedness

CAUTION/WARNING ZONE

This zone is a warning.

Call your doctor if you:

- Your blood pressure is high
- Questions or concerns about medications
- Feeling uneasy, you know something is not right

EMERGENCY ZONE

Call 911 if you suddenly have any of the following:

- Chest discomfort/pain: May feel pressure, squeezing, fullness, or pain
- Discomfort in the upper body (one or both arms, back, neck, jaw, or stomach)
- Shortness of breath/struggling to breathe: May occur with or without chest/upper body discomfort
- Other signs: Cold sweat, nausea, heartburn, fatigue, or lightheadedness