



# 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. 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 REHAB

Cardiac rehabilitation improves 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 to lower your risk of another heart attack.



5

## GET SUPPORT

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 [www.heart.org/heartattack](http://www.heart.org/heartattack) to learn more.