

# 5 Ways to Lower Your Risk of a SECOND Heart Attack

1

## TAKE YOUR MEDICATIONS

Take medications just as your health care professional tells you to. They help you avoid another heart attack. Learn about your medications and take them the right way. Don't forget to take a dose or get refills — it could cause serious health problems.



2

## SEE YOUR HEALTH CARE PROFESSIONAL

Work with your health care team to get better. Make sure to have a check-up within six weeks of your heart attack to make sure your recovery is on track.



3

## JOIN A CARDIAC REHAB PROGRAM

Cardiac rehab is a program to help improve your physical and emotional health during your recovery. It includes exercise, learning healthy habits and finding ways to manage stress.



4

## MANAGE RISK FACTORS

Some things make another heart attack more likely, such as smoking, high cholesterol, high blood pressure and diabetes. Take your medication, eat healthy, get active and don't smoke to reduce your risk.



5

## GET SUPPORT

It is normal to feel worried or confused after a heart attack. Talking to family, friends or others who have had a heart attack can help you feel less anxious and alone.



Act now to prevent another heart attack. Visit [heart.org/heartattack](https://heart.org/heartattack) to learn more.