

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

1

TAKE YOUR MEDICATIONS

Take medications as your doctor 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 DOCTOR

Getting better means working together with your health care team. See your doctor 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 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.

