

## 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.



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