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 healthcare 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 to learn more.