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 to learn more.