**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 keeps 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](http://heart.org/heartattackrecovery) to learn more.