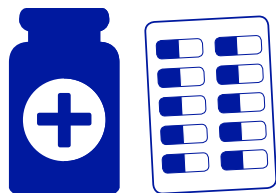


FIVE CARDINAL RULES FOR PATIENTS WITH A Heart Attack or Chest Pain

(Myocardial Infarction or Angina)

5 MEDS TO SAVE YOUR LIFE



1. Aspirin
2. Anti-platelet drugs - Ticagrelor/Prasugrel/Clopidogrel (*do not stop*)
3. Beta Blocker
4. ACE inhibitor or an ARB
5. Statin

4 TIPS FOR STAYING HEALTHY



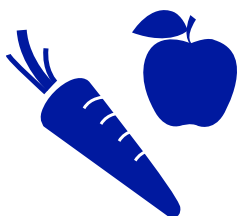
1. Many heart patients have **stress, anxiety or depression**. Your mental health matters to your heart. Talk to your healthcare provider.
2. Keep your **blood pressure** less than 135/85 if possible. If you have diabetes, keep it less than 130/80.
3. **Diabetes Management** – keep your blood sugar well controlled to prevent blockages in the arteries of your heart.
4. **Quit Smoking** – Once and for all - We can help!

3 TIPS FOR EXERCISE



1. Start **walking** 5 minutes a day on a level surface – add 1 minute per day until you get to 30 minutes. The goal is to walk 30 minutes a day, 5 days a week. Our **Cardiac Prevention and Rehabilitation Program** is the safest way to become more active.
2. **Warning Signs:** Stop and rest if you have any chest pain, shortness of breath, palpitations, dizziness.
3. When should I resume **sexual activity**? The general rule of thumb is when you can climb 2 flights of stairs comfortably it is safe to have sex.

2 EVERYDAY FACTORS YOU CAN CONTROL



1. **Diet:** Eat 5-7 servings of fruits and veggies every day. Choose whole grains more often. Eat fish twice a week. Include 2-3 servings of healthy oils every day (*eg. Canola, safflower, olive oil*). Reduce your intake of saturated fat.
2. **Cholesterol** – take your cholesterol lowering medicine every day even if your cholesterol is normal.

1 YOU ARE NUMBER ONE!



What to do if you have recurrent symptoms of chest discomfort or similar pain:

1. Stop what you are doing and sit or lie down.
2. If you have a nitroglycerine prescription:
 - Take one spray under your tongue and wait 5 minutes. If you still have pain, take another spray and wait another 5 minutes. If you still have pain after the third spray (or you do not have nitroglycerin and your pain is not resolving after 15 minutes) – **Call 911.**
 - Do **NOT** drive to the hospital or allow a family member to drive you - **Call 911!**



SOUTHLAKE
REGIONAL HEALTH CENTRE

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