

**After a heart attack you must also consider:**

**Driving Restriction:**

**Holiday:**

**Insurance:**

**Work:**

**Medications:**

**Activity in initial recovery:**

**0-4 weeks post event**

- It is important to stay **gently** active after your heart attack. However your heart needs time to heal, so **avoid over-exerting yourself**. Activities such as jogging, swimming and mowing the lawn are too strenuous at present
- A casual, short walk is ideal
- **Your cardiac nurse will advise you on increasing how much you can do**

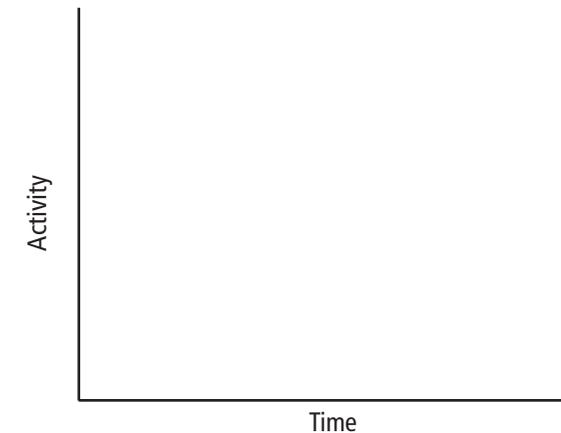
It is important to listen to your body when active:

- You should have enough breath to easily hold a conversation
- Your muscles should feel comfortable, and not tired by the activity
- Try to avoid getting too hot
- You should not feel your heartbeat racing. If it is, slow down what you are doing, and reduce the intensity of activity
- **Our heart doesn't like sudden changes**, so gradually increase/reduce intensity. For example, don't move suddenly from sitting to climbing stairs or hills
- If you find yourself wanting or needing to stop, just reduce how much you are doing a little, so that you feel happy to continue.

Do not exercise:

- Less than 1 hour after a heavy meal
- If you have a virus, infection or temperature
- If you get pain, feel dizzy, sick or unwell - **discuss this with your nurse.**

**Activity curve:**



**Heart Education And Rehabilitation Teaching Aid**

If you would like this leaflet in large print, braille, audio version or in another language, please contact the Patient Advice and Liaison Service (PALS) on 01872 252793



**Your heart,  
your health, in  
your hands...**

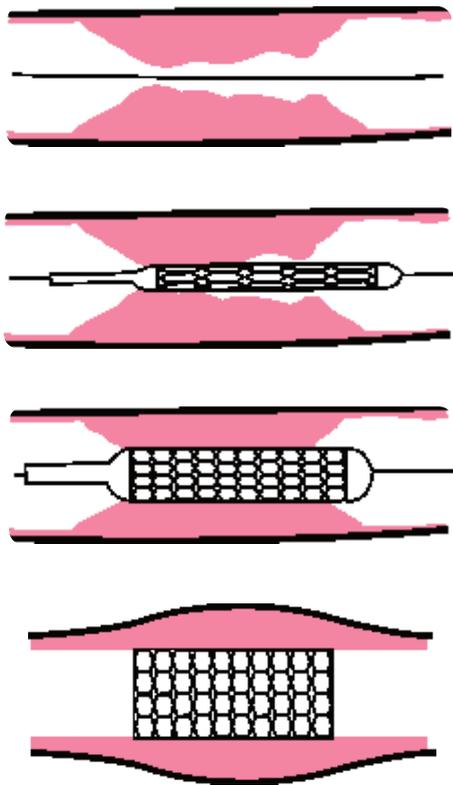
**Your Cardiac Rehabilitation Team:**



**One + all | we care**

## Heart attack treatment aims:

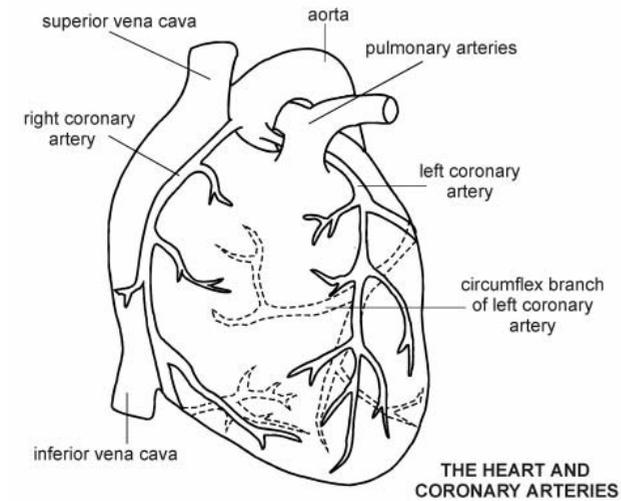
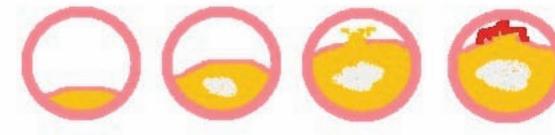
- Relieve pain and treat cause
- Restore and improve blood supply to heart muscle with - medications, angioplasty / stents, or bypass surgery
- Prevent complications from muscle damage
- Medications to stabilise coronary heart disease and reduce risk of further problems
- **Lifestyle changes to reduce risk of further coronary heart disease and another heart attack.**



## Smoking:

## Alcohol:

## High Blood Pressure:



## Exercise:

## Diabetes:

## Diet:

## Cholesterol: