



Heart Attack Patient Information

HOW TO REDUCE YOUR RISK

To find your risk for a heart attack, check the boxes that apply to you:

- | | |
|---|---|
| <input type="checkbox"/> A family history of early heart disease | <input type="checkbox"/> One or more previous heart attacks, angina, bypass |
| <input type="checkbox"/> (Father or brother diagnosed before age 55) | <input type="checkbox"/> surgery or angioplasty, stroke, or blockages in neck |
| <input type="checkbox"/> (Mother or sister diagnosed before age 65) | <input type="checkbox"/> or leg arteries |
| <input type="checkbox"/> Age (Men 45 years or older; women 55 years or older) | <input type="checkbox"/> Overweight |
| <input type="checkbox"/> High blood cholesterol | <input type="checkbox"/> Physical inactivity |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Cigarette smoking |
| | <input type="checkbox"/> Diabetes |

The more risk factors you have, the greater your risk for a heart attack.

For a detailed calculation of your risk, visit our online risk calculator on our website: www.aspirincardio.com.

Reduce your Risk of a Heart Attack by Taking Steps to Prevent or Control Risk Factors

High blood pressure

- Have your doctor check your blood pressure.
- Aim for a healthy weight.
- Become physically active.
- Follow a healthy eating plan, including food lower in salt and sodium.
- Limit alcoholic beverages.
- Take medication, if prescribed.

High blood cholesterol

- Get your blood cholesterol level checked once every 5 years. (Check it more often, if necessary.)
- Learn what your numbers mean.
- Follow a low-saturated fat and low cholesterol eating plan.
- Become physically active.
- Aim for a healthy weight.
- Take medication, if prescribed.

Cigarette smoking

- Stop smoking now or cut back gradually.
- If you can't quit the first time, keep trying.
- If you don't smoke, don't start.

Overweight

- Maintain a healthy weight. Try not to gain extra weight.
- If you are overweight, try to lose weight slowly, 1/2 to 1 pound a week.

Diabetes

- Find out if you have diabetes.
- Get your blood sugar level checked by your doctor.

Physical inactivity

- Become physically active.
- Do 30 minutes of moderate-level physical activity, such as brisk walking, on most and preferably all days of the week.
- If necessary, break 30 minutes into periods of at least 10 minutes each.

