



Patient Health Guide: Heart Attack (Acute Myocardial Infarction—AMI)

How can YOU stay healthy and out of the hospital after having a heart attack?

- If you had a heart catheterization (cath) in the hospital, report any problems you notice at the groin or wrist area (where the procedure was started). This may include the site feeling warm to the touch, pain or bleeding that will not stop, or bruising at the site that expands or becomes firm.
- **Take your medicines as instructed by your doctor. This is very important.** Tell your doctor or pharmacist if:
 - You cannot pay for your medicine;
 - You have trouble taking your medicine;
 - Your medicine makes you feel worse; or
 - You are worried about the possible side effects of your medicine.
- Follow the plan you developed with your doctor for exercising, **eating low-salt and low-cholesterol food**, and maintaining a healthy weight. Tell your doctor if you do not have a scale at home.
- If you smoke, quitting will make you healthier. If you do not smoke, do not start. Avoid being in the same room with other smokers.
- If you have high blood pressure, manage your blood pressure as recommended by your doctor.
- If you have diabetes, manage your blood sugar as recommended by your doctor.
- Get a flu shot every year, and ask your doctor when you should get a pneumonia shot.
- **Keep your follow-up appointments with your doctor even if you are feeling better.**

Disclaimer: This health guide content is based on medical literature review and is considered only general information relating to a disease management plan. The information and practices described in the guide are not intended as substitutes for clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.

What is a Heart Attack?

- A heart attack, also known as an Acute Myocardial Infarction (AMI), occurs when a blood clot or another blockage prevents blood flow to the heart.
- Ischemia is a term that means the heart muscle does not receive enough oxygen-rich blood due to a restriction in blood flow through the blood vessels. Ischemia is what causes chest pain during a heart attack.
- Some people who have had a heart attack may also experience chest pain called angina. Your doctor may prescribe medicine to relieve chest pain during an angina episode. It is very important to discuss angina with your doctor so you understand when you should take medicine for your symptoms or if you need to go to the Emergency Room.

Your Symptoms

Understand **how** you are feeling after having a **heart attack** and **what to do based on the Green, Yellow, and Red Zones below.**

Green Zone Symptoms:	“All Clear” Green Zone Means:
<input type="checkbox"/> No shortness of breath <input type="checkbox"/> No chest pain <input type="checkbox"/> No decrease in your activity level	<ul style="list-style-type: none"> • Your symptoms are under control • Continue taking your medicines • Continue following the exercise and diet plan developed with your doctor • Keep all appointments with your doctor
Yellow Zone Symptoms:	“Caution” Yellow Zone Means:
<input type="checkbox"/> Anything unusual related to mild chest pain <input type="checkbox"/> Any problem, bleeding or pain in the groin or wrist area (where the procedure was started if you had a heart cath)	<ul style="list-style-type: none"> • Call your doctor to be seen as soon as possible
Red Zone Symptoms:	“Medical Alert” Red Zone Means:
<input type="checkbox"/> Chest pain that lasts a few minutes or more <input type="checkbox"/> Chest pain that goes away and comes back <input type="checkbox"/> Squeezing, pressure, fullness or pain in chest <input type="checkbox"/> Discomfort in other areas of the upper body (one or both arms, back, neck or jaw) <input type="checkbox"/> Shortness of breath with or without chest discomfort <input type="checkbox"/> Breaking out in a cold sweat, nausea or feeling light-headed <input type="checkbox"/> Severe bleeding or pain that will not stop from the groin/wrist site (where the procedure was started if you had a heart cath)	<ul style="list-style-type: none"> • You need immediate or urgent evaluation • Call 911 or have someone drive you to the Emergency Room

NOTES

Disclaimer: This health guide content is based on medical literature review and is considered only general information relating to a disease management plan. The information and practices described in the guide are not intended as substitutes for clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.



Common Medicines Prescribed After Heart Attack (AMI)

Medicine Type and Reason for Use	Examples	Possible Side Effects
<p>Aldosterone Inhibitor</p> <p>Helps keep fluid off the heart and prevents unwanted heart remodeling</p>	<input type="checkbox"/> Eplerenone (Inspra®) <input type="checkbox"/> Spironolactone (Aldactone®) <input type="checkbox"/> Other: _____	<ul style="list-style-type: none"> • Dizziness • Increased potassium • Upset stomach
<p>Angiotensin Converting Enzyme (ACE) Inhibitor</p> <p>Lowers blood pressure by relaxing blood vessels</p>	<input type="checkbox"/> Benazepril (Lotensin®) <input type="checkbox"/> Captopril (Capoten®) <input type="checkbox"/> Enalapril (Vasotec®) <input type="checkbox"/> Lisinopril (Prinivil® or Zestril®) <input type="checkbox"/> Ramipril (Altace®) <input type="checkbox"/> Other: _____	<ul style="list-style-type: none"> • Increased potassium levels • Decreased kidney function • Cough • Dizziness • Rash • Swelling <p>***Seek immediate medical help if you have swelling of tongue, lips, or face***</p>
<p>Angiotensin II Receptor Blocker (ARB)</p> <p>Lowers blood pressure by relaxing blood vessels</p>	<input type="checkbox"/> Losartan (Cozaar®) <input type="checkbox"/> Valsartan (Diovan®) <input type="checkbox"/> Other: _____	<ul style="list-style-type: none"> • Decreased kidney function • Dizziness • Increased potassium levels
<p>HMG-CoA Reductase Inhibitor (“Statin” Therapy)</p> <p>Lowers cholesterol</p>	<input type="checkbox"/> Atorvastatin (Lipitor®) <input type="checkbox"/> Rosuvastatin (Crestor®) <input type="checkbox"/> Simvastatin (Zocor®) <input type="checkbox"/> Other: _____	<ul style="list-style-type: none"> • Constipation • Fatigue • Heartburn or upset stomach <p>***Tell your doctor if you have unexplained muscle pain or cramps, joint pain or tenderness, especially if you have a fever and tiredness***</p>
<p>Antiplatelet</p> <p>Helps prevent blood clots</p>	<input type="checkbox"/> Aspirin (over-the-counter) <input type="checkbox"/> Clopidogrel (Plavix®) <input type="checkbox"/> Prasugrel (Effient®) <input type="checkbox"/> Ticagrelor (Brilinta®) <input type="checkbox"/> Other: _____	<ul style="list-style-type: none"> • Bleeding or bruising • Diarrhea • Headache • Upset stomach
<p>Beta Blocker</p> <p>Reduces the workload on the heart and lowers blood pressure and heart rate</p>	<input type="checkbox"/> Atenolol (Tenormin®) <input type="checkbox"/> Bisoprolol (Zebeta®) <input type="checkbox"/> Carvedilol (Coreg®) <input type="checkbox"/> Metoprolol succinate (Toprol XL®) <input type="checkbox"/> Metoprolol tartrate (Lopressor®) <input type="checkbox"/> Other: _____	<ul style="list-style-type: none"> • Decreased blood pressure • Decreased heart rate • Dizziness or light-headedness • Fatigue
<p>Calcium Channel Blocker</p> <p>Reduces blood pressure and heart rate</p>	<input type="checkbox"/> Diltiazem (Cardizem®) <input type="checkbox"/> Verapamil (Calan® or Covera®) <input type="checkbox"/> Other: _____	<ul style="list-style-type: none"> • Constipation or diarrhea • Decreased blood pressure • Decreased heart rate • Dizziness or light-headedness • Fatigue • Headache • Upset stomach
<p>Nitrates</p> <p>To help relieve or prevent chest pain (or “angina”) and relaxes blood vessels to increase oxygen to your heart</p> <p>***DO NOT take medicines for erectile dysfunction (ED) if you take nitrate medicines***</p>	<p><u>Taken only if needed to relieve chest pain episode:</u></p> <input type="checkbox"/> Nitroglycerin (Nitroquick® or Nitrostat®) tablets which dissolve under the tongue are used only if needed – DO NOT take more than 3 tablets in 15 minutes <p><u>Taken on schedule to prevent chest pain episodes:</u></p> <input type="checkbox"/> Isosorbide mononitrate (Imdur®) <input type="checkbox"/> Isosorbide dinitrate (Isordil®) <input type="checkbox"/> Nitroglycerin (Nitro-Dur®) patch <input type="checkbox"/> Nitroglycerin (Nitro-Bid®) ointment <input type="checkbox"/> Other: _____	<ul style="list-style-type: none"> • Blurred vision • Dizziness or light-headedness • Dry mouth • Flushing of face or neck • Headache • Upset stomach • Weak or tired

Disclaimer: This health guide content is based on medical literature review and is considered only general information relating to a disease management plan. The information and practices described in the guide are not intended as substitutes for clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual’s history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.

