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.

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# 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.

<table>
<thead>
<tr>
<th>Green Zone Symptoms:</th>
<th>“All Clear” Green Zone Means:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ No shortness of breath</td>
<td>• Your symptoms are under control</td>
</tr>
<tr>
<td>□ No chest pain</td>
<td>• Continue taking your medicines</td>
</tr>
<tr>
<td>□ No decrease in your activity level</td>
<td>• Continue following the exercise and diet plan developed with your doctor</td>
</tr>
<tr>
<td></td>
<td>• Keep all appointments with your doctor</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yellow Zone Symptoms:</th>
<th>“Caution” Yellow Zone Means:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Anything unusual related to mild chest pain</td>
<td>• Call your doctor to be seen as soon as possible</td>
</tr>
<tr>
<td>□ Any problem, bleeding or pain in the groin or wrist area (where the procedure was started if you had a heart cath)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Red Zone Symptoms:</th>
<th>“Medical Alert” Red Zone Means:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Chest pain that lasts a few minutes or more</td>
<td>• You need immediate or urgent evaluation</td>
</tr>
<tr>
<td>□ Chest pain that goes away and comes back</td>
<td>• Call 911 or have someone drive you to the Emergency Room</td>
</tr>
<tr>
<td>□ Squeezing, pressure, fullness or pain in chest</td>
<td></td>
</tr>
<tr>
<td>□ Discomfort in other areas of the upper body (one or both arms, back, neck or jaw)</td>
<td></td>
</tr>
<tr>
<td>□ Shortness of breath with or without chest discomfort</td>
<td></td>
</tr>
<tr>
<td>□ Breaking out in a cold sweat, nausea or feeling light-headed</td>
<td></td>
</tr>
<tr>
<td>□ Severe bleeding or pain that will not stop from the groin/wrist site (where the procedure was started if you had a heart cath)</td>
<td></td>
</tr>
</tbody>
</table>

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**NOTES**

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<table>
<thead>
<tr>
<th>Medicine Type and Reason for Use</th>
<th>Examples</th>
<th>Possible Side Effects</th>
</tr>
</thead>
</table>
| **Aldosterone Inhibitor**        | - Eplerenone (Inspra®)  
- Spironolactone (Aldactone®)  
- Other:________________________ |  
- Dizziness  
- Increased potassium  
- Upset stomach |
| **Angiotensin Converting Enzyme (ACE) Inhibitor** | - Benazepril (Lotensin®)  
- Captopril (Capoten®)  
- Enalapril (Vasotec®)  
- Lisinopril (Prinivil® or Zestril®)  
- Ramipril (Altace®)  
- Other:________________________ |  
- Increased potassium levels  
- Decreased kidney function  
- Cough  
- Dizziness  
- Rash  
- Swelling  
***Seek immediate medical help if you have swelling of tongue, lips, or face*** |
| **Angiotensin II Receptor Blocker (ARB)** | - Losartan (Cozaar®)  
- Valsartan (Diovan®)  
- Other:________________________ |  
- Decreased kidney function  
- Dizziness  
- Increased potassium levels |
| **HMG-CoA Reductase Inhibitor**  
("Statin" Therapy) | - Atorvastatin (Lipitor®)  
- Rosuvastatin (Crestor®)  
- Simvastatin (Zocor®)  
- Other:________________________ |  
- Constipation  
- Fatigue  
- Heartburn or upset stomach  
***Tell your doctor if you have unexplained muscle pain or cramps, joint pain or tenderness, especially if you have a fever and tiredness*** |
| **Antiplatelet** | - Aspirin (over-the-counter)  
- Clopidogrel (Plavix®)  
- Prasugrel (Effient®)  
- Ticagrelor (Brilinta®)  
- Other:________________________ |  
- Bleeding or bruising  
- Diarrhea  
- Headache  
- Upset stomach |
| **Beta Blocker** | - Atenolol (Tenormin®)  
- Bisoprolol (Zebeta®)  
- Carvedilol(Coreg®)  
- Metoprolol succinate (Toprol XL®)  
- Metoprolol tartrate (Lopressor®)  
- Other:________________________ |  
- Decreased blood pressure  
- Decreased heart rate  
- Dizziness or light-headedness  
- Fatigue |
| **Calcium Channel Blocker** | - Diltiazem (Cardizem®)  
- Verapamil (Calan® or Covera®)  
- Other:________________________ |  
- Constipation or diarrhea  
- Decreased blood pressure  
- Decreased heart rate  
- Dizziness or light-headedness  
- Fatigue  
- Headache  
- Upset stomach |
| **Nitrates** | **Taken only if needed to relieve chest pain episode:**  
- 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  
**Taken on schedule to prevent chest pain episodes:**  
- Isosorbide mononitrate (Imdur®)  
- Isosorbide dinitrate (Isordil®)  
- Nitroglycerin (Nitro-Dur®) patch  
- Nitroglycerin (Nitro-Bid®) ointment  
- Other:________________________ |  
- Blurred vision  
- Dizziness or light-headedness  
- Dry mouth  
- Flushing of face or neck  
- Headache  
- Upset stomach  
- Weak or tired |