

**GREEN ZONE: ALL CLEAR**

*Your symptoms are under control*

- I have no heart symptoms at rest or with activity.
- I can do normal activities and exercise as allowed by my doctor.
- I am having no unpleasant symptoms from my medications.



**Keep up the good work!**

**GREEN ZONE MEANS:**

- Your Heart is Stable
- Weigh yourself daily
- Keep taking your medications
- Do not stop taking your medications without talking to your Doctor
- Eat low fat, low salt, healthy foods
- Stop smoking and manage other health problems

**YELLOW ZONE: CAUTION**

- I have heart symptoms at rest or when I do physical activity. It goes away at rest or with 1 Nitroglycerin dose.
- I have a new cough or other symptoms that concern me.
- I am easily tired and it is hard to take care of myself.
- I cannot sleep lying flat or need more pillows to sleep.
- I have swelling in my legs, feet, and/or belly.
- I have gained weight (2 or more pounds in a day or 5 pounds in a week)



**Step up treatment!**

**YELLOW ZONE MEANS:**

- Your symptoms may be related to your heart.
- Some medications cause side effects. **DO NOT** stop medications without talking to your doctor.
- Please call your care provider:

Care Provider: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**RED ZONE: MEDICAL ALERT**

- My chest pain doesn't go away.
- My chest pain comes back even after taking 2 doses of Nitroglycerin.
- I cannot catch my breath, even after following my doctors' instructions



**Get help now!**

**RED ZONE MEANS:**

**YOU NEED TO CALL  
911 NOW!**



# After a Heart Attack

## ❑ What is a Heart Attack?

- Cholesterol builds up "plaque" in the blood vessels that lead to the heart.
- A heart attack happens when the plaque blocks the blood flow to the heart muscles.

## ❑ What puts you at risk?

- Some risks can't be controlled, like your age or traits passed down from your parents.
- Having diabetes, high blood pressure, high cholesterol, or being overweight are risk factors. Smoking, lack of exercise and stress also increase your risk of having a heart attack.

## ❑ Common Symptoms

- Chest pain – Burning, tightness, heaviness, pressure, squeezing or pain. Women and people with Diabetes may not have chest pain.
- Pain in your jaw, neck, left arm or side.
- Shortness of breath – Feels like someone standing on your chest.
- Nausea with or without throwing up.
- Sweating, heart flutters or anxiety.

## ❑ What to do if you have chest pain.

- Rest – Sit or lay down.
- Take your Nitroglycerin as directed. 1 every 5 minutes. Do not take more than 3 doses.
- Call your doctor or care provider if pain goes away.
- Call 911 if pain does not go away or goes away and comes back.

## ❑ Diet

- Avoid salt. Eat less saturated and trans fats. These fats are found in meats, butter, and dairy or margarine. Unsaturated fats are better choices. They are found in olive oil, nuts, and fish.
- Eat a healthy balanced diet with fruits, vegetables, whole grains, lean meats, and low fat dairy.
- Limit caffeine and alcohol to 1-2 servings per day.

## ❑ Medicine

- You will be started on many medications that will help your heart. Some medicine may have side effects that can make you want to stop taking them. Talk to your doctor about this. You and your doctor may be able to make changes together. DO NOT stop taking any of your medicine without talking to your doctor.

## ❑ Activity

- Regular exercise is a good thing. Start or restart exercise slowly over time.
- Enroll in Cardiac Rehab
  - MultiCare Auburn Medical Center ..... 253-545-2559
  - MultiCare Good Samaritan's South Hill Clinic ..... 253-697-8141
  - MultiCare Gig Harbor Medical Park ..... 253-403-1058
  - MultiCare Tacoma General Hospital ..... 253-403-1058
  - MultiCare Spokane Area Clinic ..... 509-473-7901

## ❑ Follow Up

- Follow up with your doctor, even if you are feeling okay.
- Call your doctor if you have trouble breathing with little/no activity or if you need pillows to sleep.
- Weigh yourself daily. Call your doctor if you gain 2 pounds in 1 day or 5 pounds in 5 days.