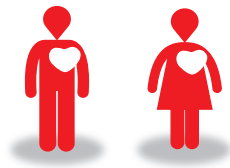
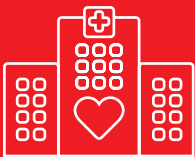


Love your heart



Quick guide to support heart recovery



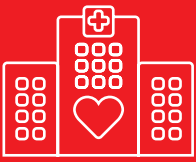
In hospital



Leaving hospital



Recovery plan



In hospital



What has happened to my heart?

Understanding your heart condition and treatment can help your recovery and make you feel less anxious.

Ask your doctor or nurse to explain your heart problem and to give you information you can take home.

Questions to ask in hospital

- What has happened to my heart?
- Will I need help when I am back at home?
- How do I look after my wound?
- How long will I take to recover?
- What tests do I need?
- How long will I be in hospital?
- What treatments did I have?
- What are my risk factors?
- Do I need follow up care?



Why has this happened?

Your doctor or nurse will be able to explain some of the reasons for your heart condition. These reasons are called risk factors.

The more risk factors you have, the more likely you are to have a heart problem.

Risk factors include:



Smoking



High blood pressure



Diabetes



High cholesterol



Unhealthy eating



Being overweight or obese



Not being very active

Making changes to these risk factors, such as lowering your blood pressure can improve your heart health.



Leaving hospital



Getting ready to leave hospital

Recovery starts in hospital and continues after you leave.

Use this checklist to discuss with your nurse or doctor.

My recovery checklist

- I understand what has happened to my heart and the follow up care I need
- I know what risk factors I have and what I need to do to manage them
- I have a referral to a cardiac rehabilitation program
- I understand my medicines and how to take them
- I know what to do if I get chest pain or other heart attack warning signs
- I will/have arranged a follow up appointment with my local doctor
- I know about home care and other support services

Cardiac rehabilitation – help for your heart

Cardiac rehabilitation is an important part of your recovery.

A cardiac rehabilitation program will help you:

- ✓ cope with what has happened
- ✓ learn more about your heart condition
- ✓ manage your risk factors
- ✓ understand your medicines and how to take them
- ✓ get back to every day activities and eat healthily
- ✓ understand the warning signs of heart attack

Ask your doctor or nurse about a referral to a cardiac rehabilitation program.

You can also call the **Heart Foundation Helpline on 13 11 12**. If you need an interpreter, call 131 450.



Recovery plan



Actions for a healthy heart



Attend cardiac rehabilitation



Follow up with your doctor



Keep taking your medicines



Manage your risk factors



Take care of your emotions



Join a support group



Know the warning signs of heart attack

Will you recognise your heart attack?



Warning Signs Action Plan

Do you feel any

pain pressure heaviness tightness

In one or more of your

chest neck jaw arm/s back shoulder/s

You may also feel

nauseous a cold sweat dizzy short of breath

Yes

1 STOP and rest now

2 TALK tell someone how you feel

If you take angina medicine

- Take a dose of your medicine.
- Wait 5 minutes. Still have symptoms? Take another dose of your medicine.
- Wait 5 minutes. Symptoms won't go away?

Are your symptoms severe or getting worse?

or

Have your symptoms lasted 10 minutes?

Yes

3 CALL 000 and chew 300mg aspirin, unless you have an allergy to aspirin or your doctor has told you not to take it
Triple Zero

- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.

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To order a warning signs of heart attack action plan (available in other languages), call **13 11 12** or email health@heartfoundation.org.au



For heart health information

13 11 12

www.heartfoundation.org.au



If you need an interpreter,
call 131 450 and ask for
the Heart Foundation.

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