ACUTE CORONARY SYNDROME: ACS is a syndrome (set of signs and symptoms) due to decreased blood flow in the coronary arteries such that part of the heart muscle is unable to function properly or dies.

GREEN ZONE - ONE -

- No chest pain, pressure or tightness
- No palpitations
- · No shortness of breath
- No lightheadedness or dizziness

Know your medication:

Your medications may include:

- Beta-blockers: which control your heart rate and blood pressure.
- ACE or ARB: these medications help control your blood pressure and decrease strain on the heart
- Statins: these medications will lower your cholesterol and reduce plaque in arteries
- Aspirin: and other medications such as antiplatelet help to prevent blood clots in the heart arteries and stents, if placed
- Nitroglycerin: these tablets are for if you have chest discomfort. If you need this medication, take it sitting down as it can lower your blood pressure.

GREEN ZONE - AT HOME. TO STAY HEALTHY:

STOP SMOKING



- Take your medications as instructed by your Physician
- Keep your follow up appointments
- Follow your heart healthy cardiac diet
- Activity as directed by your physician
- IF a stress test is ordered, it is important to keep the appointment.

Know your Risk Factors for heart disease:

Some you cannot change:

- Age
- Gender
- Family history

These risk factors you CAN manage on your own or with your physician:

- Blood pressure
- Diabetes
- Cholesterol levels
- Overweight, Poor diet, Sedentary lifestyle/ exercise
- · Alcohol, Smoking
- Stress
- For women, a HISTORY of high blood pressure, preeclampsia or diabetes during pregnancy.

If you had a stent or angioplasty because of your chest pain, you will be on 2 different antiplatelet therapies to prevent clotting.

• Do not stop these medications unless your cardiologist is aware and gives the okay to stop them.

If you did NOT have a stent placed but antiplatelet therapy is prescribed do NOT stop these medications before talking with your cardiologist.

YELLOW ZONE - CAUTION -



CALL YOUR PHYSICIAN IF YOU HAVE:

- Chest pain, pressure or tightness or return of symptoms which brought you to the hospital
- · Shortness of breath
- Lightheadedness or dizziness
- Any adverse symptoms from your medications

RED ZONE -



CALL 911

- SEVERE pressure, squeezing discomfort or pain in the chest, neck, jaw shoulder, arms or back lasting more than 5 minutes OR NOT relieved after nitroglycerin. You can take nitroglycerin every 5 minutes for a maximum of 3 times.
- Severe shortness of breath
- Dizziness or passing out episodes
- Nausea, vomiting, sweating
- Chest pain while resting or if awoken from sleep lasting for more than 30 minutes, call 911

