

Information for patients 1 year after a heart attack

Ready for good news?



**You've
shown you
can look after
your heart.**

This booklet has been produced by AstraZeneca.

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Good news after your heart attack

Your heart attack happened a year ago, and you could be tempted to think of it as a bad experience that's over.

But you know that once you've had one heart attack, you're at risk of having another heart attack or a stroke. This could have serious consequences. If you're aged 65 or over, or have medical conditions such as diabetes, kidney disease or multi-vessel disease, you're at even higher risk of another event.



You're also at higher risk if you have had more than one heart attack.

For the past year, you've been helping to protect yourself from another heart attack or stroke by taking one or more antiplatelet medicines. You've also been making the lifestyle changes recommended by your doctor. The good news is you've shown you can look after your heart.



Keep doing what you've been doing

Keep taking your medicine as your doctor recommends, to lessen the risk of further problems.



Try not to think of your heart attack as a bad experience that's over. Instead, use it as a reminder to keep taking care of your heart every day.

Important safety information

What should I do if I have more questions about my antiplatelet medication?

If you are unsure about anything, it's a good idea to look in the patient information leaflet that came with your medicine.

If you still have questions or concerns, talk to your doctor, nurse or pharmacist. It can often be helpful to write a list of questions down to help organise your thoughts and bring this to your next appointment so that you don't forget to ask these questions at your next appointment. All of your healthcare practitioners will be happy to explain more and can answer any queries you have, whether this is about lifestyle changes, treatment options or to explain medical terminology.

Where can I find out more?

The patient information leaflet that came inside your medicine pack/box should answer any additional questions you may have.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

Continue taking your antiplatelet therapy

Do not stop taking your medicine without talking to the doctor who prescribed it for you.

Helping to protect your heart beyond 1 year

Make sure you understand everything you need to know about your continued risk of heart-related problems. Use the checklist below to help you. Share any information with family and friends, who can support you in taking care of your heart.

I understand that I am still at high risk of having another heart attack or a stroke

I understand that it is important to keep taking my medicine as instructed by my doctor

Name of doctor:

My next appointment is with:

Date of next appointment:

This is the third in a series of three booklets:

1. Information for patients in the early days after a heart attack
2. Information for patients 3-6 months after a heart attack
3. Information for patients 1 year after a heart attack

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