

LIFETIME PLAN FOR LIVING WITH HEART ARTERY STENTS

EACH DAY



- It is very important to take your medications exactly as prescribed. Do not stop unless instructed by your cardiologist.
- Manage risk factors by eating a healthy diet, minimizing stress levels and caring for your mental health, getting regular exercise and quality sleep, and quitting smoking. You can find resources on heart.org. The [Michigan Tobacco Quitline](http://MichiganTobaccoQuitline.org) offers free resources at 1-800-QUIT-NOW (1-800-784-8669) in English or 1-855-DÉJELO-YA (1-855-335-3569) in Spanish.

ONE WEEK

- Review your discharge materials from the hospital.
- Write down any questions you have for the doctor.
- Schedule a follow-up appointment with your cardiologist and primary care doctor if you haven't already.
- Schedule your first cardiac rehab visit.
- Review your medication handouts closely.
- Create a list of the medications you are taking and update when changes occur.



ONE MONTH



- Attend your first cardiac rehab visit.
- Plan to see your cardiologist & primary care doctor every 3 - 6 months for the 1st year.
- Care for your mental health by finding a support group or therapist. Your hospital social worker can help.
- Take your medications every day as prescribed & do not stop taking it without your cardiologist's advice. Share side effects with your doctor.
- Continue managing risk factors.

ONE YEAR AND BEYOND

- Keep taking medications as prescribed.
- Develop an exercise routine after cardiac rehab.
- Communicate with family and friends on a regular basis.
- Identify activities that relax you and schedule time for those activities.
- If you are experiencing new or increased: Chest pain or discomfort; Shortness of breath; Pain or discomfort in the jaw, neck, back, arm, or shoulder; Feeling nauseous, light-headed, or unusually tired you should seek medical attention.



Scan the QR code for a brief video including audio instructions.

