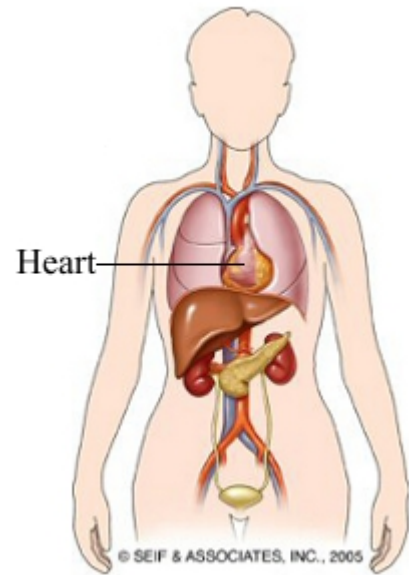


# Myocardial Infarction

A myocardial infarction (MI) is also called a heart attack. It causes damage to the heart that cannot be fixed. An MI often happens when a blood clot or other blockage cuts blood flow to the heart. When this happens, certain areas of the heart begin to die. This is an emergency.

## HOME CARE

- Take medicine as told by your doctor.
- Change certain behaviors as told by your doctor. This may include:
  - Quitting smoking.
  - Being active.
  - Keeping a healthy weight.
  - Eating a heart-healthy diet. Ask your doctor for help with this diet.
  - Keeping your diabetes under control.
  - Lessening stress.
  - Limiting how much alcohol you drink.



## GET HELP RIGHT AWAY IF:

- You have crushing or pressure-like chest pain that spreads to the arms, back, neck, or jaw. **Call your local emergency services (911 in U.S.). Do not drive yourself to the hospital.**
- You have severe chest pain.
- You have shortness of breath during rest, sleep, or with activity.
- You have sudden sweating or clammy skin.
- You feel sick to your stomach (*nauseous*) and throw up (*vomit*).
- You suddenly get lightheaded or dizzy.
- You feel your heart beating fast or skipping beats.

## MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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