

## Maintaining a healthy heart



Making simple lifestyle changes will supplement your medical therapy and reduce your risk of future cardiac events. For example:

- Examine your lifestyle and develop healthier ways of living.
- **DO NOT SMOKE.**
  - Plan ahead.
  - Change your routine.
  - Get help! Quitline, The Heart Foundation and your local doctor can all help you quit for life.
- Eat a balanced diet, and choose:
  - ✓ 2&5 (2 fruit and 5 vegetable serves daily)
  - ✓ Lean meat, chicken and fish.
  - ✓ A small amount of whole grain bread and pasta and rice.
  - ✓ Low fat milk, yoghurt and minimise cheese, cream and butter.
  - ✓ Include a small handful of nuts and seeds daily.
  - ✓ **AVOID** all processed foods as they are high in fat, sugar and salt.
- Exercise regularly for a healthy heart and aim for at least five sessions per week for 30 minutes.
- Keep your weight within normal limits.
- Aim to keep your cholesterol and blood pressure within recommended limits.



## Angina management

Angina is temporary chest pain or discomfort that occurs when part of the heart muscle is not getting enough blood and oxygen to meet its needs.

Symptoms of angina are tightness, fullness, pressure, squeezing, heaviness or pain in your chest, neck, jaw, throat, shoulders, arms or back.

It may also feel like indigestion (heartburn) and/or shortness of breath.

*Please take the time to memorise the simple angina management plan in your copy of 'My Heart My Life.'*

### Will you recognise your heart attack?

No two heart attacks are the same. Warning signs differ from person to person. People who have had a heart attack are at increased risk of having another heart attack. Knowing the warning signs of a heart attack and acting quickly can reduce the damage to your heart muscle and increase your chances of survival.

*Please take the time to memorise the simple 'Will you recognise your heart attack' flowchart given to you on discharge.*

### For further information contact:

- The Angioplasty Service  
The Prince Charles Hospital - (07) 3139 5716
- Your local cardiac rehabilitation
- Heart Foundation 1300 36 27 87
- [www.heartfoundation.org.au](http://www.heartfoundation.org.au)
- Quitline - 13 78 48 (13QUIT)



## The Prince Charles Hospital Angioplasty Service

### Helping you maintain a healthy heart



**Hours of Service:**  
**Monday to Friday**  
**8am-4pm**



Going home:

- Rest quietly on the day of discharge.
- Do not participate in any strenuous activity for seven (7) days, e.g., sports, lifting, gardening, housework, or walking exercise.
- Arrange to visit your local doctor within the next five (5) days so he can review your access site and prescribe your medications.
- Give your local doctor your cardiac catheter report that was given to you on discharge from hospital.
- Observe your access site (groin or wrist) for any signs of:
  - Bleeding
  - Redness
  - Pain
  - Swelling

Report these to your local doctor as soon as possible.

- If bleeding occurs from access site, you or someone with you should apply pressure to that area for 15 minutes.
- Lie down while the pressure is being applied.
- If bleeding stops, remain lying down for at least another hour.
- If bleeding continues, phone an ambulance immediately. Dial **000**.

Cardiac rehabilitation

Before going home from hospital, you will be seen by the Angioplasty Service. They will refer you to your local cardiac rehabilitation program for ongoing support. The Angioplasty Service will contact you to offer support after you are discharged from hospital.

Driving:



- The Australian Transport Department and Queensland Transport have driving restrictions for individuals who have had an:
  - angioplasty and/or stent
  - heart attack
  - cardiac arrest
- Ask your doctor and/or angioplasty nurse for information about driving before you go home.

*“If you continue to drive despite your doctor’s advice and you do not report your condition to the Driver Licensing Authority, you are not fulfilling your legal responsibility. If you are involved in a crash under these circumstances and it is found that your health condition was a contributing factor, you may be prosecuted and your insurance may not be valid.”*

(www.austroads.com.au/aftd/downloads/fitness2dfactsheet1.pdf-2006)

- For more information visit: [www.tmr.qld.gov.au/licensing/](http://www.tmr.qld.gov.au/licensing/) or Transport and Main Roads Registration and licensing enquiries. Ph: 132 380.



Flying

- If you intend to fly within three weeks of your cardiac event/procedure, you will need a Medical Travel Clearance form. Please seek advice from your local doctor.
- More information can be obtained by contacting your airline or visiting their website. You can also contact The Angioplasty Service for further guidance.

Your medications:

Combination Anti-Platelet Therapy

- Your cardiologist has prescribed a combination of anti-platelet therapy. It is important that you take this medication for the prescribed course.
- The Angioplasty Service will issue you with a card explaining the prescribed dose and length of therapy.
- You MUST NOT STOP this therapy early without consulting your cardiologist.
- All your prescribed medications are a very important part of your ongoing treatment. When you are discharged from hospital, the pharmacy department will give you a medication plan for you to follow. They will also give you a copy for your local doctor.
- You will be given information by the Angioplasty Service, ward nurse or pharmacist explaining what the tablets are for, when to take them and for how long.

**NEVER** take yourself off any tablets. If you have any issues, discuss them with your local doctor or cardiologist as soon as possible.

