



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

### GREEN ZONE – DOING WELL WHEN YOU HAVE:

- No chest pain, pressure, or tightness
- No palpitations
- No shortness of breath
- No lightheadedness or dizziness
- Know your medications.

#### 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 anti-platelets 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 clogging.

- **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 of 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.