

Keys to Staying Heart-Healthy

Besides getting on and staying on beta blockers, there's plenty that people who've had a heart attack can do to stay healthy.

Get Enough Exercise

Physical activities that get your heart going, like walking or riding a bike, are great for staying healthy. Remember, always check with your doctor before starting an exercise program.

Eat Healthy

To keep your cholesterol and weight at healthy levels, the American Heart Association recommends eating lots of fruits and vegetables, whole grains, fat-free and low-fat dairy products, unsaturated fats and oils, and limited amounts of meat and poultry.

Control Your Blood Pressure

If you have high blood pressure, your doctor can help you bring it under control through a heart-healthy and low-salt diet, regular physical activity and medicine.

Stop Smoking

The Surgeon General reports that quitting smoking lowers the risk of future heart attacks and death from heart disease by at least 50%. Your doctor can talk to you about programs to help you quit.

Listen to Your Doctor and Pharmacist

After a heart attack, doctors may prescribe four types of medicine: aspirin, statins, ACE inhibitors, and beta blockers. Create a schedule to remind yourself when to take your medicines, and call your doctor or pharmacist if you have questions.

For more tips on keeping your heart healthy visit the American Heart Association at www.americanheart.org.



Raising awareness of the important role of beta blockers in preventing future heart attacks

This information is brought to you by America's leading health plans and networks, collaborating through the Council for Affordable Quality Healthcare (CAQH). Our **heartBEEAT for life**SM program seeks to educate Americans about the lifelong benefits of taking a beta blocker after a heart attack.

CAQH is working with the American Heart Association, American College of Cardiology, American Academy of Family Physicians, and American College of Physicians to help promote the long-term use of beta blockers when prescribed by a doctor.

To find out more about beta blockers and how they can help prevent a future heart attack, talk to your doctor or other healthcare provider. Or you can learn more by visiting CAQH at www.CAQH.org/heart.

About the Council for Affordable Quality Healthcare

The Council for Affordable Quality Healthcare (CAQH) is a not-for-profit alliance of health plans and networks that promotes collaborative initiatives to help make healthcare more affordable, share knowledge to improve the quality of care, and make administration easier for physicians and their patients. Created in 1999, CAQH member organizations today provide and administer health care coverage for more than 100 million Americans. To find out more about CAQH, visit www.CAQH.org.



The only thing more frightening than
a heart attack
is the possibility
of having another one.
What can you do?



Beta Blockers: Heart Medicine for Life

When it comes to preventing a second heart attack, one of the most important ways is also one of the easiest: taking beta blocker medicine for life.

You probably already received a beta blocker while you were recovering in the hospital. According to the American Heart Association and the American College of Cardiology, nearly everyone who's had a heart attack should stay on this medicine for life.

If you were not prescribed a beta blocker, ask your doctor whether a beta blocker is right for you. Taking a beta blocker may lessen the chance that you'll have another heart attack and help you live longer.

What are Beta Blockers?

Beta blockers are prescription medicines that help protect the heart muscle and make it easier for the heart to beat normally.

Q **How long do I need to take a beta blocker?**

A Most people who've had a heart attack should stay on a beta blocker for life. If you aren't taking a beta blocker anymore, talk to your doctor about why you stopped, and find out if you should start taking one again.

Q **What about side effects?**

A Beta blockers are generally very well tolerated, and most side effects may go away over time. If you're taking a beta blocker and worried that you're having a side effect, talk to your doctor right away. Don't stop taking the medicine unless your doctor tells you to. Stopping the medicine suddenly can be unsafe.

Taking a beta blocker cuts the risk of another heart attack and death from cardiovascular disease.

Please note that the above is intended to be educational information and is not medical advice for individual patients. As patient diagnoses, treatments, and symptoms vary, it is important that you use a beta blocker under the care and supervision of a physician.

4 Questions to Ask Your Doctor About Beta Blockers

Tear off this panel and bring it with you to your next doctor's appointment.

- 1 Is a beta blocker right for me?
- 2 Are there side effects I should watch out for?
- 3 Is there a generic version of the beta blocker available?
- 4 Will the beta blocker interfere with any other medicines I may be taking?

How Do I Know If I'm Taking a Beta Blocker?

Ask your doctor or pharmacist. Here are examples of beta blocker medicines:

- Acebutolol
- Atenolol
- Bisoprolol
- Blocadren®
- Cartrol®
- Coreg®
- Corgard®
- Corzide®
- Inderal®
- Inderal LA®
- Kerlone®
- Labetalol
- Levatol®
- Lopressor®
- Lopressor HCT®
- Metoprolol
- Nadolol
- Normodyne®
- Pindolol
- Propranolol
- Tenoretic®
- Tenormin®
- Toprol XL®
- Timolide®
- Timolol
- Trandate®
- Visken®
- Zebeta®
- Ziac®