



Cardiac rehab

Ask your doctor if taking baby aspirin is a good heart health decision for you.

Cardiac rehab benefits persons who have had a heart attack, heart surgery, or who have heart disorders, such as angina.



If you or a family member needs cardiac rehab, follow your doctor's advice. Rehab includes exercise therapy, counseling, and learning ways to reduce the risk for further problems.

To help prevent heart disease: Get to and stay at a healthy weight; do regular exercise; don't smoke and avoid secondhand smoke; and keep your blood cholesterol, blood pressure, and blood sugar levels under control.

Regular physical activity lowers the risk of heart attacks, but people who are normally inactive who shovel snow, run to catch a bus, etc. are at a greater risk of having a heart attack. Try not to overexert yourself, especially if you are out of shape.