



# What does this mean for YOU in the next 10 years?

On average, your risk of a 2<sup>nd</sup> heart attack within the next 10 years is about **30%**. This means that if there were 20 people just like you, about **6** of them would have another heart attack. The "happy faces" crossed out are the people who will have another heart attack.

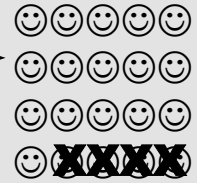


## Life Saving Drugs

### Aspirin (ASA)

Lowers the risk of a 2<sup>nd</sup> heart attack by about **30%** by preventing blood clots.

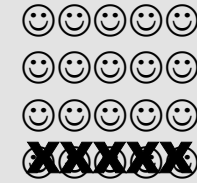
If these 20 people took aspirin, only about **4** of them might have a 2<sup>nd</sup> heart attack



### ACE inhibitors

A heart pill that lowers the risk of a 2<sup>nd</sup> heart attack by about **20%** (even if you have normal blood pressure).  
- some examples are: ramipril, enalapril, lisinopril, perindopril, trandolapril, captopril

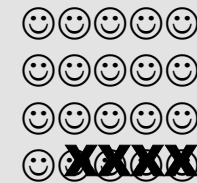
If these 20 people took an ACE inhibitor, only about **5** of them might have a 2<sup>nd</sup> heart attack



### Statins

A cholesterol pill that lowers the risk of a 2<sup>nd</sup> heart attack by **25%** (even if you have normal cholesterol).  
- some examples are: atorvastatin, simvastatin, rosuvastatin, pravastatin

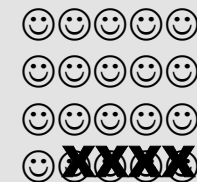
If these 20 people took a statin, only about **4** of them might have a 2<sup>nd</sup> heart attack



### Beta-blockers

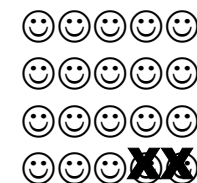
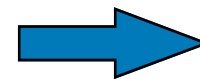
A heart pill that lowers the risk of a 2<sup>nd</sup> heart attack by about **25%** (even if you have normal blood pressure).  
- some examples are: metoprolol, atenolol, carvedilol, propranolol, timolol

If these 20 people took a beta-blocker, only about **4** of them might have a 2<sup>nd</sup> heart attack



### Combined Benefits

You will get the most benefit if you take all 4 pills. While we don't know exactly how much the combination reduces the risk of a heart attack, some estimates\* suggest that if these 20 people took all 4 pills, only **2** of them might have a 2<sup>nd</sup> heart attack.



- These benefits are **ON TOP OF** the effects of the lifestyle changes on the previous page and are **REGARDLESS** of whether or not you have high cholesterol or high blood pressure.
- These pills are often recommended as life-long treatments. (Not all people are able to take all four.)



**If you have had a heart attack and you are not on all four of these life saving pills, please discuss this with your doctor or pharmacist.**