



Life after a heart attack

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Corporate Author: Nova Scotia Health Authority. Heart Health Portfolio

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Abstract: This pamphlet provides a comprehensive guide to answer questions you may have after experiencing a heart attack. Reducing the risk factors for heart disease, heart healthy eating, coping with emotions and stress, activity, medications and local resources are covered. Directions for managing chest pain and/or discomfort at home are given.

Responsibility: Prepared by: Heart Health Portfolio, NSHA

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