



Cleveland Clinic ACUTE MYOCARDIAL INFARCTION (AMI) ZONES

<h2>Every Day</h2>	<p>Make sure that you do the following EVERY DAY:</p> <ul style="list-style-type: none"> • Enjoy heart-healthy nutrition. Choose a diet rich in vegetables, fruit, whole-grain and high-fiber foods, fish, lean protein, and fat-free or low-fat dairy products. • Be physically active every day. Start slow and follow your healthcare team's suggestions. Research shows that exercising 30 minutes 5 times a week can help your heart health. • Manage your weight. Weigh yourself every day. Talk to your healthcare team about the optimal weight for you. • Stop smoking and using tobacco products. If you need help quitting, ask your healthcare team about available smoking cessation classes and tools. • Reduce stress. Take steps to manage stress. Your healthcare team can give you helpful tips and teach you ways to reduce your stress level. • Limit alcohol to no more than one drink a day (for women) or 2 drinks a day (for men). • Lower high blood pressure and your cholesterol level. Follow the low-sodium and low-fat guidelines from your healthcare team. It may help to see a dietitian to learn more about how to follow a heart-healthy diet. If you take medication for your blood pressure or cholesterol, make sure you take it as directed.
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Which zone are you in today? Green, Yellow or Red?

<h2>Green Zone</h2>	<p>ALL CLEAR – This zone is your goal.</p> <ul style="list-style-type: none"> • You do not have new or worse chest pain or symptoms like the ones during your heart attack. • You are able to perform daily activities the same or better than you did when you came home from the hospital.
<h2>Yellow Zone</h2>	<p>CAUTION – This zone is a warning zone. Call your cardiologist if you have:</p> <ul style="list-style-type: none"> • Angina pain that goes away after activity or after taking nitroglycerine • Increased shortness of breath • Increased tiredness • Sudden increase in weight • Nausea or vomiting • Dizziness <p>Doctor to call: _____</p>
<h2>Red Zone</h2>	<p>EMERGENCY Go to the emergency room or call 911 if you have:</p> <ul style="list-style-type: none"> • New or worsening chest, jaw, throat or shoulder pain or pressure • Chest pain that continues after taking nitroglycerin and waiting 5 minutes • Difficulty breathing • Sweating or cold sweats • Pain with nausea or vomiting • Fast or irregular heart beat/palpitations

It is important to have an office visit in one week (7 days) after hospital discharge, even if you feel well.
Please keep your scheduled appointment: Date: _____ Time: _____

IMPORTANT PHONE NUMBERS

Facility	Main
Ashtabula County Medical Center	440.997.2262
Cleveland Clinic Main Campus	216.444.2200
Euclid Hospital	216.531.9000
Fairview Hospital	216.476.7000
Hillcrest Hospital	440.312.4500
Lutheran Hospital	216.696.4300
Marymount Hospital	216.581.0500
Medina Hospital	330.725.1000
SouthPointe Hospital	216.491.6000
Stephanie Tubbs Jones Health Center	216.767.4242
Cleveland Clinic Home Care	216.444.4663
Nurse on Call	866.263.4029 or 216.444.4663
Tobacco Treatment Center	216.444.8111