

SEE YOUR DOCTOR

For Heart Attack Survivors, One Small Step Can Go A Long Way In Preventing Recurrence

(NAPSA)—If you or someone you love has survived a heart attack, you know that recovering can be the battle of a lifetime. But one of the most important ways to prevent another heart attack is also one of the easiest: taking prescription beta blocker medicine for life.

Beta blockers work by protecting the heart muscle and making it easier for the heart to beat normally. According to the American Heart Association and the American College of Cardiology, nearly everyone who has had a heart attack should take a beta blocker and stay on this medicine for life. In fact, research shows that maintaining a lifetime regimen of beta blockers can reduce chances of another heart attack and death by up to 40 percent.

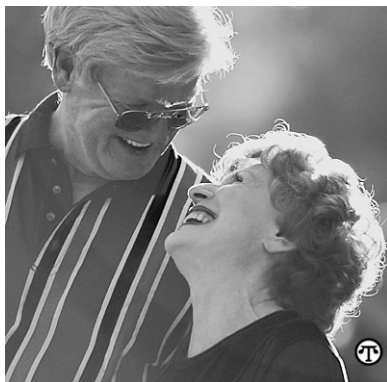
Talk to Your Doctor

If you or someone close to you has suffered from a heart attack, talk to a doctor about the life-saving benefits of taking beta blockers. Beta blockers are sold under many different brand and generic names, so patients should check with their doctor or pharmacist to find out if they are already taking one. If beta blockers were not prescribed, or if a patient has stopped taking the medication, consult a physician. Here are a few questions to ask:

- Is a beta blocker the appropriate course of treatment?
- Are there side effects to watch out for?
- Is there a generic version of the beta blocker available?
- Will the beta blocker interfere with any other medicines I am taking?

Keys to Staying Heart-Healthy

In addition to taking a beta blocker, here's some advice from the American Heart Association about



For heart attack survivors, a daily regimen of beta blockers could help prevent another attack.

what heart patients, and all of us, can do to help keep heart-healthy:

- Stay active;
- Eat healthy;
- Control your blood pressure;
- Stop smoking; and
- Take medicines as prescribed.

Learn More

The Council for Affordable Quality Healthcare (CAQH), an alliance of America's leading health plans and networks, has developed a free brochure that consumers can order by calling 888-WISE-USE. CAQH developed this brochure as part of its heartBBEAT for lifeSM program, an effort to educate heart attack survivors about the importance of lifelong beta blocker use.

heartBBEAT for life is a collaboration between CAQH and the American Heart Association, the American College of Cardiology, the American Academy of Family Physicians, the American College of Physicians, and the AHRQ-sponsored Duke University Center for Education and Research on Therapeutics.

For more information, visit www.caqh.org/heart.