

# The Indian Medical Minutes

*"Your Family Doctor's Weekly Guide to Good Health."*

## Life After a Heart Attack



FAMILY PHYSICIAN-MODERN MEDICINE



Take prescribed medications regularly.



Eat a heart-healthy diet (low fat, low salt).



Do regular exercise as advised.



Manage stress and get enough rest.



Monitor blood pressure and cholesterol.



Follow up with your Doctor regularly.

**Consult your Allopathic Family Physician for guidance**



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