



*Better  
Together*

Patient Information

**Knowing The Truth Helps To Fight Worry**

Cardiology Directorate – Cardiac Rehabilitation



## **You can help yourself by thinking positive thoughts.**

- Most people make a full recovery after a cardiac event.
- My heart is not worn out.
- It was a blockage in an artery not the heart which caused the problem.
- Modern drugs and treatments make cardiac events less of a problem than it used to be.
- Ordinary hard work will not cause a cardiac event.
- Sexual excitement which is enjoyable is safe for good health.
- Many people have heart conditions and continue to function at their normal activities.
- My heart is a strong muscle in my body.
- There are many things that I can do to minimise cardiovascular disease.
- It's normal to feel tired and fatigued after a heart attack and recovery times are individual.
- Most sudden twinges of pain are due to muscular tension. Would I have noticed that feeling before my cardiac event?
- My pulse or heart rate increasing during exercise is normal and nothing to worry about.
- Exercise is supposed to make you breathe faster and feel warmer.
- Exercise, socialising and having fun are very important.
- A heart attack usually only affects a small part of the heart, the rest is as good as ever and is easily able to make up for the affected part.
- After a cardiac event many people become stronger, fitter and happier than they have been for years.
- I am getting stronger all the time.

## **Further Information**

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**The above information is available on request in alternative formats including other languages, easy read, large print, audio, Braille, Moon and electronically.**