



Guidelines for the Daily Life of Patients with Acute Myocardial Infarction (Acute Coronary Syndrome)

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I. What is Coronary Artery Disease?

When the coronary arteries, which supply blood to the heart, are partially or completely blocked, it is referred to as coronary artery disease. The main cause is atherosclerosis, which reduces blood flow and leads to myocardial hypoxia, resulting in symptoms of chest tightness (angina). In severe cases, it can cause myocardial necrosis, also known as myocardial infarction.

II. Precautions for Medication Use :

- i. Take your medication as prescribed by your doctor. If you experience any discomfort, contact your doctor or nurse, or schedule an earlier follow-up appointment.
- ii. Take your medication with plain water only.
- iii. If you experience any of the following symptoms after taking your medication, seek medical attention immediately: difficulty breathing, leg swelling, irregular heartbeat, fever, chills, sore throat, rash, severe or persistent vomiting, diarrhea.
- iv. After taking blood pressure-lowering and vasodilator medications, low blood pressure may occur. Therefore, when changing positions (e.g., from lying down to sitting or standing), do so slowly to avoid dizziness. Avoid strenuous exercise, prolonged standing, or staying in very hot environments.
- v. Develop a habit of measuring and recording your blood pressure and pulse daily. Bring these records to your follow-up appointments to help your doctor adjust your medication.
- vi. Be aware of potential bleeding when taking antiplatelet medications. Watch for symptoms such as black stools, gum bleeding, easy bruising, or blood in the urine, and seek immediate medical attention if they occur.
- vii. Precautions for Using NTG (Nitroglycerin Tablets) :
 - A. When to Take: Use during angina attacks, such as when experiencing chest tightness or chest pain.
 - B. Carry with You: Always carry the tablets with you when going out. Storage: Store the tablets in a light-resistant bottle. Once opened, the tablets expire after three months. If unopened, follow the expiration date on the bottle. Keep in a dry place.
 - C. Administration: During a chest pain attack, place one tablet under the tongue. It is best to sit or

lie down while taking it to prevent side effects like blood pressure drop and dizziness due to vasodilation.

- D. **If Not Effective:** If the first tablet does not relieve the pain, take a second tablet after five minutes. If the symptoms persist, take a third tablet after another five minutes and seek immediate medical attention.
- E. **Common Side Effects:** Headache, flushed skin, a feeling of warmth, and dizziness. These effects usually resolve on their own.

III. Precautions for Activities and Exercise

- i. Wear comfortable shoes, socks, and clothing during exercise.
- ii. Avoid outdoor activities in very cold or hot weather.
- iii. Measure your pulse before and after exercise. Before exercise, it should not exceed 100 beats per minute or drop below 50 beats per minute. After exercise, it should not exceed 120 beats per minute or increase by more than 20 beats per minute from before exercise, or drop by more than 10 beats per minute. These indicate that your heart may not be able to handle the intensity of the exercise.
- iv. Increase the intensity of activities gradually. Do not increase the intensity too much at once.
- v. Engage in activities either 2 hours after a meal or 1 hour before a meal.
- vi. If you experience symptoms such as fatigue, chest tightness, chest pain, sweating, dizziness, nausea, pale complexion, shortness of breath, or difficulty speaking before or during exercise, stop immediately and rest adequately. These symptoms indicate that your heart may not be able to tolerate the activity.
- vii. Carry nitroglycerin tablets with you when exercising outdoors. If you experience angina symptoms during exercise, use them to relieve symptoms, but ensure safety precautions (as mentioned above).
- viii. Avoid activities that involve holding your breath and exerting force, such as lifting heavy objects, pushing furniture, straining during bowel movements, carrying children, sudden squatting, opening tight bottle caps, or long jumps.

IV. Dietary Precautions

- i. **Light and Balanced Diet:** Opt for a light diet and avoid overeating. Eat small, frequent meals to prevent excessive fullness. Stop eating when you are 80% full and eat in a relaxed state.
- ii. **Limit Salt and Soy Sauce:** Avoid excessive salt and soy sauce, especially in canned foods.

- iii. Caffeine Limitation: Limit caffeine-containing products such as coffee, tea, cola, and cocoa to no more than two cups (300-400ml) per day.
 - iv. Increase Fruits and Vegetables: Aim for 5-7 servings of fruits and vegetables daily. Establish a regular bowel movement schedule to maintain regularity. Avoid straining during bowel movements to prevent increasing strain on the heart. If necessary, consult your doctor about using stool softeners.
 - v. Controlling Cholesterol and Blood Lipids :
 - A. Adopt a low-cholesterol, low-fat diet: Increase intake of vegetables and fruits to assist in cholesterol metabolism.
 - B. Choose lean meats without skin (e.g., chicken, fish).
 - C. Refrigerate soups and remove the layer of fat that solidifies on top to reduce oil content.
 - D. Use cooking methods such as steaming, stewing, baking, braising, and salad dressing.
 - E. Reduce the use of oil-frying methods (e.g., frying, sautéing).
 - F. Avoid animal fats (pork fat, butter, cream) and opt for vegetable oils (soybean oil, olive oil).
 - G. Reduce consumption of organs, crab roe, shrimp, etc. Limit egg yolks to no more than 3 per week.
 - H. Avoid high-cholesterol and high-fat foods such as fatty meats, pork skin, chicken skin, duck skin, fried foods, animal organs, shellfish (shrimp, crab, oysters), egg yolks, shrimp eggs, and fish roe.
 - vi. Low-Calorie Diet: Prioritize three main meals a day and limit snacks. If hungry between meals, opt for small, frequent meals. Chew food thoroughly and eat slowly. Stop eating when you feel 70-80% full. Cooking Methods: Use cooking techniques such as boiling, steaming, and stewing.
 - vii. Low-Salt, Low-Sodium Diet: Use cooking methods such as stewing, baking, and boiling to enhance flavor. Limit the use of stimulating seasonings such as chili and curry powder. Choose fresh ingredients and prepare meals from scratch whenever possible. Use seasonings like green onions, ginger, garlic, white vinegar, five-spice powder, and star anise for flavoring.
- V. Daily Life Precautions :
- i. Quit Smoking: Quitting smoking requires willpower. Seek help from a smoking cessation

- clinic or helpline if needed, as this significantly increases success rates.
- ii. **Stress Relief:** Relax and avoid anxiety. Listen to music, read books or newspapers, and maintain a positive mood.
 - iii. **Maintain a Regular Lifestyle:** Avoid staying up late. Plan your activities and keep household items organized to minimize stress and chaos.
 - iv. **Cold Weather Precautions:** Cold temperatures can cause blood vessels to constrict and increase blood pressure. Dress warmly when going outdoors in winter, and warm up indoors before outdoor exercise on chilly mornings.
 - v. **Use Energy-Saving Methods:** Use tools like carts instead of carrying items by hand to conserve energy.

If you have any question or suggestion, please contact with us. We are happy to provide you services to you. Contact telephone number: MacKay Memorial Hospital/ MacKay Children`s Hospital: (02)25713760; Hsinchu MacKay Memorial Hospital/ Hsinchu Municipal Children`s Hospital: (03)5745098; Taitung MacKay Memorial Hospital: (089)310150 ext: 311. Time of consultant: 9:00 am~12:00 noon, 2:00 pm~5:00 pm Monday ~ Friday.

May God bless you