



KNOW YOUR NUMBERS TREAT YOUR RISK



The Cardiac Blues What you need to know

Emotional distress after a heart attack is normal.



3 in 4 patients

feel anger, denial, worry, or sadness in the weeks or months following a heart attack.¹

¹Source: Australian Centre for Heart Health, <https://www.australianhearthealth.org.au>

The experience is called the **Cardiac Blues**.

Signs include:



Loss of interest in usual activities



Feeling tearful and crying easily



Withdrawal from family and friends



Thoughts about death



Confusion and forgetfulness



Diminished sex drive



Decreased appetite



Poor sleep quality, including nightmares

Left unmanaged, the Cardiac Blues can:



Disrupt a heart-healthy diet and limit physical activity



Undermine treatment adherence



Prevent cardiac rehab engagement



Develop into more serious mental health difficulties



Don't brush off signs of the Cardiac Blues. Work with your GP to manage your symptoms.