5-10 paragraphs

You work in the office of a cardiologist.  He has asked you to develop a draft of an initial patient education brochure to help patients who have had a myocardial infarction.  He has jotted some notes, handed them to you, and asked you to make them "patient friendly."

**Instruction**

Read the following information he has provided.  Write a patient brochure using simple, easy to understand language.

After Your Myocardial Infarction

(briefly describe the anatomy and physiology of the cardiovascular system and how the heart functions)

Your Myocardial infarction was caused by several factors including hypertension, atherosclerosis, and cigarette smoking. This pamphlet will help you understand how these factors can affect your heart and how to modify your lifestyle so you can decrease your risk of another myocardial infarction.

Hypertension causes injury to the endothelium of your arteries and lipids and other substances accumulate in those injured areas. This contributes to thrombus formation, which occluded your artery causing a myocardial infarction.

Hyperlipidemia is another contributing factor, as LDLs that are the "bad cholesterol" contribute to development of plaque buildup in the artery.

Cigarette smoking causes increased heart rate, peripheral vasoconstriction, and hypertension increasing the amount of work the myocardium has to do.  Cigarette smokers also inhale carbon monoxide, which decreases oxygenation of hemoglobin. These factors cause the myocardium to work harder while hypoxic.

Because you had an angioplasty and atherectomy, your affected artery has been opened to allow improved perfusion.

During your next appointment, please schedule extra time to talk with the nurse about how you can modify your lifestyle to decrease you risk of having another myocardial infarction.