

Cardiac misconceptions

Thought	Answer
My life is over now!	Wrong. A heart problem is definitely not a death sentence.
My heart is diseased and dying	Wrong. In most conditions the heart is ok. The problem is in your arteries
Once you've got heart problems you're bound to die from them.	Wrong. Many people recover and go on to live a normal life.
Heart problems show that your heart is worn out by years of work, stress or anxiety.	Wrong. These things do not cause coronary artery disease, but the way we deal with anxiety and stress- for example, by smoking or drinking, may do so.
The heart is the strongest muscle in the body.	Right. In most conditions, the real cause of the problem is in your coronary arteries.
Once the damage is done you can't turn the clock back!	Wrong. The heart has great ability to recover.
I know I can beat this!	Right. You can fight back and there is good chance of success.
Doctors can do so much these days.	Right. Every few years for the last 20 years there has been a major advance in the treatment of heart disease.
It is just part of getting older.	Wrong. You can be 90 years old and have excellent arteries.
I need to avoid stress and excitement.	Wrong. Unless your doctor has told you differently, normal levels of excitement are good for you.
Rest is the best medicine	Wrong. Too much rest is one of the causes of heart disease.
I should always check how I feel before I start to do something	Wrong. It is better to plan activities and stick to the plan.
It's important to start looking after my health.	Right. In the end it is only you who can do this. Your cardiac rehab nurses will go through all the lifestyle changes that can help.