Soundbite Script – The Link between Heart Attacks and Memory Loss

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

"With a heart attack the blood is not being properly pumped to the brain so there could be some damage. It doesn't necessarily mean it happens with everybody, it depends on the severity of the heart attack, and exactly how long was the patient without blood flow going to the brain."

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

"It's always difficult because it's a life-changing event. You have to be on certain medications to protect your heart in addition to change the way you eat and do things in general. You may not be able to move as much physically depending on what you used to do or could do after the heart attack. So making those adjustments isn't easy for everyone – for some it could make them depressed and if you get depressed on top of that – depending on how bad that is – there is some memory loss with depression; it's not an issue with the brain cells it's the depression that could be affecting you."

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

"Some people may do cardiac rehab to help strengthen your heart and after talking to your cardiologist what are exercises you should do. Continue those daily walks or whatever you're able to do, which will improve the blood flow throughout your body. And also learning to deal with stress. That's something we all need to learn to do. That extra stress put stress on the heart but the mind as well."

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

"I always tell patients if you're doing okay, don't think about it too much. If you keep it in the back of your mind, that's always going to be an additional stressor. As long as you're doing your follow ups and your doctors are telling you that you are doing good, that's a sure sign you're doing fine."