



iQuestions Faculty, Debra Taylor

Question:

Can I have sex after a heart attack?

Answer:

As a survivor of a heart attack, I will tell you, yes, you can have sex after having a heart attack.

A really common fear of heart attack victims is that they will have another heart attack during sex. The likelihood of that happening is actually very slim.

However, you need to follow your doctor's directions. You need to be doing the things that increase your likelihood of full recovery or of improved health after your heart attack.

You need to be taking your medications. You need to be doing your exercises. You need to be eating well. You need to be doing all those things.

But there is no reason, following your doctor's instructions, that you could not resume having a sex life after you have had a heart attack.