



Be one in a MILLION HEARTS™
Preventing 1 million heart attacks and strokes over 5 years.

Know Your ABCS

A = Aspirin Use / Alc. Ask your provider about:

- Taking one baby aspirin (81 mg) every day, or
- Taking one regular aspirin (325 mg) every other day.
- Most diabetics should have an A1c < 7%

B = Blood Pressure Treatment and Control. BP < 120/80

- Consume less than 2300 mg sodium daily
- BP < 130/80 if diabetic

C = Cholesterol. Ask your provider about how often to check your cholesterol.

- Total cholesterol < 200
- LDL (bad cholesterol) < 100
- Do not eat trans fats

S = Smoking Cessation. Research shows using a quitline with medication increase abstinence rates.

- Call 1-800-QUITNOW for more details or ask your provider.
(1-800-784-8669)
- www.alabamaquitnow.com

CARDIOVASCULAR
HEALTH PROGRAM
Alabama Department of Public Health

ADPH.ORG/CVH

