



CARDIOVASCULAR HEALTH PROGRAM

Alabama Department of Public Health

<http://www.alabamapublichealth.gov/cardio>

ABCS of Heart Disease and Stroke

A = Appropriate Aspirin Therapy – Aspirin may help: ask your healthcare provider

B = Blood Pressure Control – Goal: BP < 120/80

- Read the nutrition label: choose the lowest sodium foods

C = Cholesterol Management

- Goals: Total Cholesterol < 200 LDL (Bad Cholesterol) < 100
- Read the nutrition label: select foods with 0 grams of trans fat
- Read the nutrition label: choose foods lowest in saturated fat and cholesterol

S = Smoking Cessation

- Talk to your healthcare provider about smoking cessation
- Call 1-800-QUITNOW or go to www.alabamaquitnow.com for free tobacco counseling

SPOT A STROKE “F.A.S.T.”

F = FACE DROOPING – Does one side of the face droop? Ask the person to smile. Is the person’s smile uneven?

A = ARM WEAKNESS – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S = SPEECH DIFFICULTY – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?

T = TIME TO CALL 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, **call 9-1-1** and get the person to the hospital immediately. Check the time so you’ll know when the first symptoms appeared.

