

## 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</li>
- 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.

# **CLASSIFICATION OF BLOOD PRESSURE**

Category	SBP mm Hg Systolic (TOP)	DBP mm Hg Diastolic (BOTTOM)
Normal	less than 120	less than 80
Elevated	120-129	less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	80-89
High Blood Pressure (Hypertension) Stage 2	140 or Higher	90 or Higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	Higher than 120

Category	Time	Blood Pressure	Pulse
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