



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.

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