

HEART DISEASE & STROKE

RISK FACTORS FOR HEART DISEASE AND STROKE

- High Blood Pressure
- High Blood Cholesterol
- Being Overweight or Obese
- Excessive Alcohol Use
- Smoking
- Inactive Lifestyle
- Diabetes
- Age
- Family History

LIFESTYLE CHANGES CAN REDUCE YOUR RISK

- Lower/control high blood pressure
- Eat foods low in saturated fat and cholesterol
- Maintain a healthy weight
- Limit alcohol
- Don't smoke
- Be physically active each day
- Manage diabetes

WARNING SIGNS OF STROKE

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

WARNING SIGNS OF HEART ATTACK

- Chest discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back; uncomf ortable pressure, squeezing, fullness or pain.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath.
- Breaking out in a cold sweat, nausea, or lightheadedness.

*Women may also experience less common signs; nausea or dizziness without chest pain; pain in the abdomen, back, jaw or throat; unexplained fatigue, weakness or shortness of breath.

CHAIN OF SURVIVAL

1. Recognize the warning signs and note the time they first occur.
2. Call 911 immediately and report the signs you or the person you are with are having.
3. Receive early assessment and pre-hospital care by EMS personnel.
4. Receive prompt evaluation and treatment at the hospital.



CONTROLLING HIGH BLOOD PRESSURE IN HEART DISEASE & STROKE



HIGH BLOOD PRESSURE

- Over 30 % of Alabama citizens have high blood pressure. High blood pressure, also called hypertension, increases the risk for heart disease and stroke, two of the leading causes of death in Alabama. Because the consequences of uncontrolled high blood pressure are so serious, early detection, treatment and control is very important.

- High blood pressure is often called “the silent killer” because it has no symptoms. Untreated high blood pressure can lead to stroke, heart disease, kidney failure and blindness. In fact, high blood pressure is the most important risk factor for stroke.

WHAT DO THE NUMBERS MEAN?

120

The top number, called the systolic pressure, represents the pressure while the heart is beating.

80

The bottom number, called the diastolic pressure, represents the pressure when the heart is resting between beats.

By looking at both of these numbers, your physician can get an accurate picture of your blood pressure.

WHAT SHOULD YOUR BLOOD PRESSURE BE?

<120/80

Optimal blood pressure is less than 120/80 mm Hg for an adult.

**120-139/
80-89**

Blood pressure that stays between 120-139/80-89 is considered **Prehypertension**. Talk to your doctor about lifestyle changes to lower your blood pressure.

**140/90
or higher**

Above 140/90 mm Hg or higher is considered high blood pressure or **Hypertension**. You should see your doctor immediately if your blood pressure is over 140/90 mm Hg.

