WARNING SIGNS OF HEART ATTACK AND STROKE

If you are concerned that you might be having a heart attack or stroke, it may be hard to think clearly. You may want to post this handout in a convenient location, such as on the refrigerator or medicine cabinet, to remind you of the warning signs of these two conditions.

PLEASE NOTE: While these signs can be associated with the two conditions listed, there could be other explanations.

*** IF YOU HAVE ANY OF THESE SERIOUS WARNING SIGNS, PLEASE SEEK MEDICAL HELP IMMEDIATELY ***

HEART ATTACK WARNING SIGNS If these signs are present call 911

• Chest pain, discomfort, pressure, squeezing, fullness that lasts more than a few minutes
• Discomfort in shoulder, jaw, neck, back, arms or upper abdomen
• Shortness of breath with or without activity
• Sweats, nausea or lightheadedness with or without activity
• Palpitations or irregular heartbeat, especially if new or associated with any of the above signs

STROKE WARNING SIGNS If these signs are present call 911

• Sudden numbness or weakness of 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
Risk Factors for Heart Attack and Stroke Checklist

Research has shown that there are a number of factors that can increase the risk of a heart attack or stroke. The more risk factors you have, the greater your chance of developing a condition.

Filling out the information below can help you better understand your personal health and risk of heart attack or stroke. Please share this information or use this page to have a discussion with your health care provider(s) about risk factors.

My Personal Health numbers:

_____ Height  _____ Weight  _____ Body Mass Index

_____ / _____ Blood Pressure  _____ Fasting Blood Sugar

_____ Total Blood Cholesterol  _____ LDL Cholesterol

What Are My Risk Factors: Check all that apply:

_____ Tobacco Smoke: Smokers' risk of developing heart disease and stroke is 2-4 times that of nonsmokers.

_____ High Blood Cholesterol: high cholesterol increases your risk of developing heart disease and stroke.

_____ High Blood Pressure: High blood pressure increases the heart's workload, causing the arteries to thicken and become stiffer.

_____ Physical Inactivity: An inactive lifestyle is a risk factor for coronary heart disease.

_____ Overweight: People who have excess body fat — especially at the waist — are more likely to develop heart disease and stroke.

_____ Diabetes: Diabetes increases your risk of developing heart disease.

Other Factors to Consider

Stress: Individual response to stress may be a contributing factor.

Alcohol: If you drink, limit your alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women. Heavy drinking can increase risk of high blood pressure, obesity, stroke and other diseases.

Diet and Nutrition: A healthy diet is one of the best tools you have to fight heart disease.

Adapted from the American Heart Association: http://www.heart.org/HEARTORG/