## Heart Attack / Brain Attack Wallet Card

### TIPS to Reduce Hypertension
- Maintain a healthy weight
- Do Physical activity for 30 minutes most days of the week.
- Eat a diet high in fresh fruit and lowfat dairy products with reduced saturated and total fat.
- Choose foods that are lower in salt and forms of sodium. Read food labels.
- Remember to take your Blood Pressure Medicine!
- If you smoke... Quit!
- Limit alcohol to 1 drink per day for women, 2 drinks for men.

### Head to Toe... Signs to Know for Stroke/Brain Attack
- Sudden severe headache with no known cause (or)
- Sudden trouble seeing in one or both eyes (or)
- Sudden confusion, trouble speaking or understanding (or)
- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body (or)
- Sudden trouble walking, dizziness, loss of balance or coordination

**Stroke/Brain Attack is a Medical Emergency! Call 9-1-1**

### Questions to Ask your Doctor
- What is my blood pressure reading in numbers?
- What should my blood pressure be?
- Is there a healthy eating plan to help lower my blood pressure and lose weight?
- Is it safe for me to do regular physical activity?
- What is the name of my medication?
- What are the possible side effects of my medication?
- What time of day should I take my blood pressure medicine?
- Should I take it with or without food?
- What if I forget my medication?
- What signs or symptoms should I report?

### Heart Attack Warning Signs
- Uncomfortable pressure, fullness, squeezing or pain in center of chest that lasts more than a few minutes, or goes away and comes back
- Pain felt in back, neck, jaw, stomach, or one or both arms,
- Chest Discomfort with lightheadedness, fainting, sweating, nausea, or shortness of breath

(Not all signs appear in every heart attack)

**Heart Attack is a Medical Emergency! CALL 9-1-1!**
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