Heart Attack /Brain Attack Wallet Card

My Medications

Meds	Dose	Time	Color/ Shape

Name:_____
Address_____
Emerg. Contact #_____
Doc Name_____
Doc Ph #_____

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.

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 !

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?

DATE	B/P	TIME	DATE	B/P	TIME	DATE	B/P	TIME