

This is your own health record. Bring it to each appointment.

Your blood pressure goal: _____

Your weight goal: _____

Your blood cholesterol goal: _____

Date	Blood Pressure	Weight	Blood Cholesterol	Other	Next Appointment

Use this record to help prevent a heart attack or brain stroke.

Medication list for: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



State of North Carolina • Beverly Perdue, Governor
Department of Health and Human Services • Lanier Cansler, Secretary
Division of Public Health
The NC DHHS is an equal opportunity provider and employer.

www.startwithyourheart.com

Stroke Happens.

Knowing the signs
could save someone you love.



WALKING—Is
your balance off?



TALKING—Is your
speech slurred or
face droopy?



FEELING—Is your
headache severe?



SEEING—Do
things look
blurred?

Based on information from H.O.P.E. for Stroke and the Stroke Awareness Foundation.

Stroke Is an Emergency.
CALL 911!

Your Blood Pressure Is Saying Something!

Below $\frac{120}{80}$ is Normal

**High blood pressure
puts you at risk for stroke**

- Know your blood pressure number.
- Have your blood pressure checked.
- Follow your doctor's advice.
- Take your blood pressure pills.
- Use less salt.
- Eat fewer foods with cream, butter, or other fats.
- Do not smoke.
- Be more active.
- Lose extra weight.
- Drink less alcohol.

Name: _____