

Know Your Numbers

Set personal goals with your healthcare provider.

Name: _____

Date	Blood pressure	TG ¹	Cholesterol LDL-HDL ²	Weight
<i>examples:</i>	<i>120/80</i>	<i>150</i>	<i>160-50</i>	
My Goals:				

¹ TG = triglycerides
² HDL = good cholesterol; women 50 or higher, men 40 or higher

Signs and Symptoms – Heart Attack

- Chest pressure, tightness, or pain
- Jaw, neck, back, or stomach area pain
- Pain in one or both arms
- Shortness of breath, cold sweat
- Nausea, light-headedness

Any one of these could mean a heart attack.

Call 911 ... do not wait!

Signs and Symptoms – Stroke

1. **WALK** – balance is off **“Give me 5!”**
2. **TALK** – speech slurred
3. **REACH** – 1 side weak or numb
4. **SEE** – vision all or partly lost
5. **FEEL** – severe headache

Any one of these could mean a stroke.

Call 911 ... do not wait!

The Stroke Collaborative • www.giveme5forstroke.org

