



Warning signs of stroke are:

- ▶ 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.

**Stroke is an
emergency.
Call 911.**

Know Your Numbers!

- ▶ Blood pressure
- ▶ Cholesterol
- ▶ Blood sugar

Resources

- ▶ Call your doctor
- ▶ Speak with your pharmacist
- ▶ Visit your health department

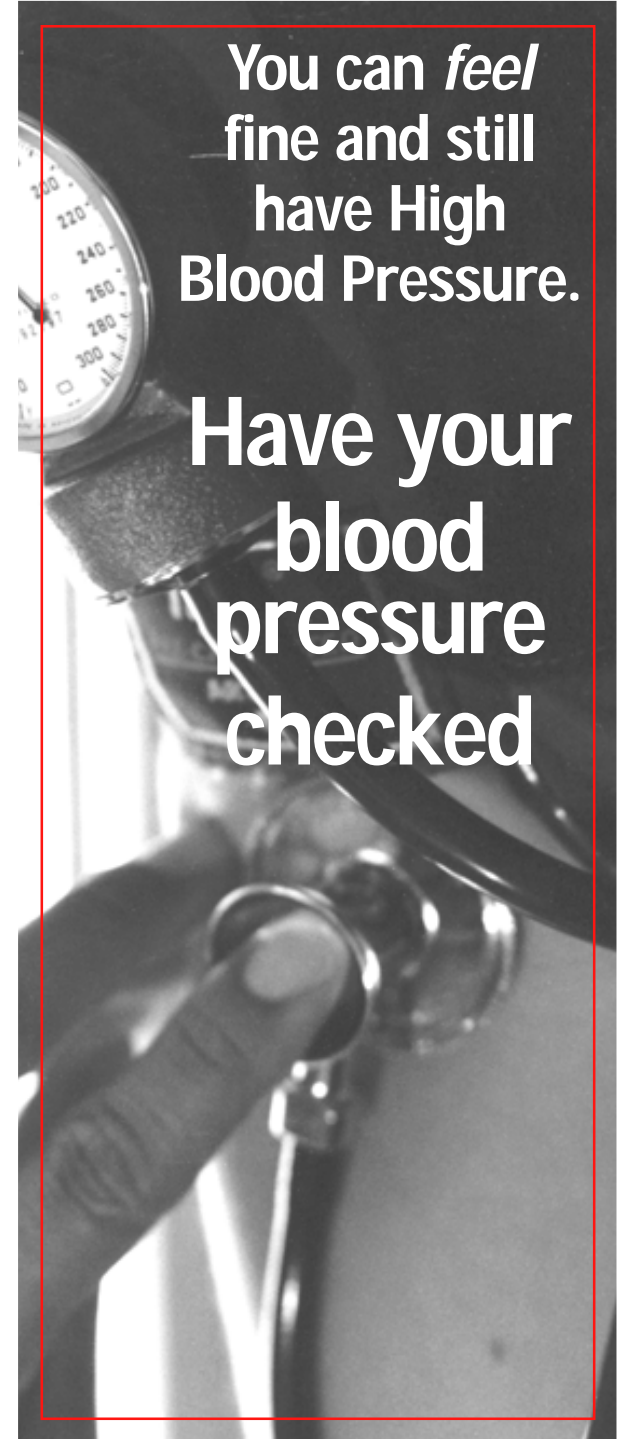


State of North Carolina, Michael F. Easley, Governor
Department of Health and Human Services
Carmen Hooker Odom, Secretary
Division of Public Health

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You can *feel*
fine and still
have High
Blood Pressure.

Have your
blood
pressure
checked





140/90 is high. If either number is *at* or *above* this, speak with your health care provider.

Uncontrolled high blood pressure is the leading cause of stroke.

You have a greater chance of having high blood pressure if you...

- ▶ are a blood relative of someone with high blood pressure
- ▶ are overweight
- ▶ have diabetes
- ▶ take birth control pills
- ▶ are African American

REMEMBER:

If you have high blood pressure, don't give up. Take steps and you may be able to control or lower your high blood pressure:

- ▶ When medication is part of your treatment, take it as prescribed
- ▶ Know your blood pressure and have it checked regularly
- ▶ Be more active
- ▶ Eat fruits and vegetables every day
- ▶ Talk to your doctor or health care provider about your questions