

Cardiovascular disease (the class of diseases that involve the heart and/or blood vessels including arteries and veins) is the leading cause of death in Colorado and the United States. Often heart disease is preventable. People can reduce their risk for illness and death of heart disease by tackling known risk factors such as smoking, high cholesterol, high blood pressure, diabetes, obesity, and inactive lifestyle. It is important to talk to a medical provider about risk factors, screening tests, lifestyle changes, and treatment services to prevent cardiovascular disease.

Learn the warning signs of heart attack and stroke. (on back of this page)



# What Is Your BLOOD Pressure?

Blood pressure (mm Hg)		Classification
Systolic	Diastolic	
< 90	< 60	Hypotension
< 120	< 80	Normal
120-139	80-89	High-normal (pre-hypertension)
140-159	90-99	Stage 1 hypertension
160-179	100-109	Stage 2 hypertension
≥ 180	≥ 110	Stage 3 hypertension (hypertensive crisis)



# NOW THE WARNING SIGNS

<b>Heart Attack Warning Signs</b>	<b>Stroke Warning Signs</b>
Discomfort in your chest that last more than a few minutes	Sudden numbness or weakness of the face arm or leg, especially on one side of the body
Chest discomfort that feels like fullness, squeezing or pressure	Sudden severe headache with unknown cause
Painful discomfort in one or both arms, neck, jaw, or stomach	Sudden trouble seeing in one or both eyes
Nausea, breathlessness, breaking into a cold sweat, or lightheadedness	Sudden confusion, trouble speaking, or understanding
Trouble breathing	Sudden trouble walking, dizziness, loss of balance or coordination
Feeling sick to the stomach or pain in the belly, above the belly button	
Feeling really tired, even after enough sleep	

**CALL 911 IMMEDIATELY IF YOU EXPERIENCE ANY OF THESE WARNING SIGNS!**