

# HEART-FACTS

## DO YOU KNOW THE SIGNS OF STROKE?

A stroke (a sudden disruption of blood flow to the brain) may happen without warning, but there are physical signs that may signal someone is having a stroke. If you recognize the signs, you can act in time.

## Think **FAST**

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### FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?



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### ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



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### SPEECH DIFFICULTY

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Are they able to correctly repeat the words?



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### TIME TO CALL 9-1-1

If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and say, "I think this is a stroke" to help get the person to the hospital immediately. Don't delay!



# KNOW YOUR NUMBERS

Risk assessments are used to determine your likelihood of developing disease in the future.

Learn the most critical numbers that impact your personal health and help your doctor assess your risk for both heart disease and stroke.

For more information go to our website at [www.TexasHeart.org/KnowYourNumbers](http://www.TexasHeart.org/KnowYourNumbers)

## BLOOD PRESSURE (BP)

NORMAL: <120/80 mmHg

Blood Pressure (BP) is the pressure when your heart beats, pumping blood to your body. If your BP is high, it puts extra strain on your arteries (and heart) and this may lead to heart attacks and strokes.

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## WAIST & HIP CIRCUMFERENCE

NORMAL WAIST: MEN: <40in WOMEN: <35in

Waist Circumference is a measure of belly fat and helps screen for possible health risks that come with overweight and obesity and can indicate a higher risk for heart disease and type 2 diabetes.

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## WAIST HIP RATIO

Waist Hip Ratio is used as an indicator or measure of health, and aids in the assessment of risk for developing serious health conditions.

## FASTING GLUCOSE

NORMAL: 60-99 mg/dL

A fasting glucose test (No food 8 hrs before testing) shows the amount of sugar in your blood. A high blood glucose level may be a sign of diabetes or pre-diabetes.

## BODY MASS INDEX (BMI)

NORMAL: 18.5-24.9

Body Mass Index (BMI), is calculated from your height and weight, and used to estimate body fat—a good gauge of your risk for developing many diseases.

$$BMI = 703 \times \left( \frac{\text{weight (pounds)}}{\text{height (in)} \times \text{height (in)}} \right)$$

## TOTAL CHOLESTEROL

NORMAL: <200 mg/dL

Cholesterol is a measure of the amount of fat in your blood stream. If you keep your total cholesterol level within the desirable range, you may reduce your chances of heart attack and stroke.

## HDL CHOLESTEROL

NORMAL: 40-59 mg/dL

HDL, or “good” cholesterol, helps clear away bad fatty substances that can stick to your arteries and damage them. Physical activity, not smoking, and losing weight will help you keep HDL high.

## LDL CHOLESTEROL

NORMAL: <100 mg/dL

LDL, or “bad” cholesterol, is a major contributor to blockages in the arteries. LDL may be decreased by reducing trans fats and saturated fats that you eat and by eating more fiber-rich foods.

## FASTING TRIGLYCERIDES

NORMAL: <150 mg/dL

A type of fat found in your blood and can result in hardening of the arteries (“coronary artery disease.”) Factors, that raise triglycerides include: being overweight, smoking, excess alcohol, and diabetes.