



HMO

HYPERTENSION MANAGEMENT OUTREACH

Burke County - (706) 554-3456 McDuffie County - (706) 595-1740
Wilkes County- (706)-678-2622 Richmond County - (706) 721-5800

ARE YOU AT RISK?

Stress, Physical Inactivity, Family History of Cardiovascular Disease, Obesity, Diabetes, High Blood Pressure, High Cholesterol, Cigarette Smoking

Know the signs of **STROKE**



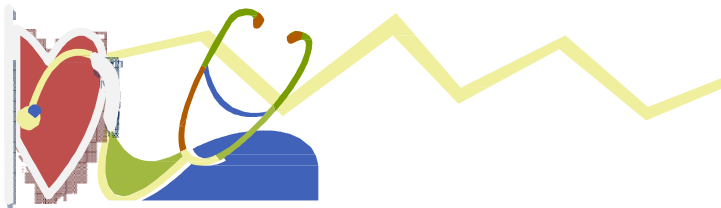
- Sudden weakness, numbness or tingling on one side of your body
- Drooping of your eyelid or mouth on one side of your face
- Confusion, loss of memory or sudden loss of consciousness
- Slurred speech, loss of speech or problems understanding simple statements
- Sudden severe headache for no known reason
- Trouble staying balanced, sudden falls or feeling dizzy for no known reason
- Sudden changes in vision—blurring, dimming or loss of sight
- Nausea and vomiting along with any of these symptoms

TAKE ACTION

Call 911 right away if you have any of the above signs or see them in someone else.

- Early emergency treatment can save your life and prevent or lessen brain damage.
- Some treatments will not work if not done within 3 hours of when your symptoms start.

Know the signs of **HEART ATTACK**



- Discomfort or a band of pressure around your chest that lasts more than a few minutes
- aching, burning, tightness or squeezing in your upper body, back, shoulder blades, chest, one or both arms, neck, jaw or stomach
- Indigestion, fullness, heaviness, choking
- Sometimes other feelings occur, too, like:
 - ◆ sweating (cold or hot)
 - ◆ nausea or vomiting
 - ◆ dizziness
 - ◆ fast heartbeats
 - ◆ severe weakness
 - ◆ shortness of breath

TAKE ACTION

Call 911 if any of the above signs go on for more than 5 minutes

- If you are alone, unlock your door and sit or lie down while you wait for help to come.
- Wait for an ambulance unless it is faster for someone else to drive you to the hospital.