

Heart / Stroke Risks

Risk Factor	Low Risk	Caution	High Risk
Blood Pressure	<120/80	120-139/80-89	>140/90 or not sure
Cholesterol	<200	200-239	>240 or not sure
Diabetes	No	Pre-diabetes	Yes
Smoking	Non-smoker	Trying to quit	Smoker
Atrial Fibrillation	Regular heartbeat	I don't know	Irregular heartbeat
Diet	Normal	Slightly overweight	Overweight
Exercise	Regularly	Occasionally	Couch potato
Family history of heart attack or stroke	No	Not sure	Yes

Know the symptoms of a heart attack

- Chest discomfort lasting more than a few minutes; pressure, squeezing, fullness or pain
- Discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Cold sweat, nausea or light-headedness
- Women most often experience chest pain or discomfort, but maybe more likely than men to experience shortness of breath, nausea/vomiting, and back or jaw pain.

Know the symptoms of a stroke

- Sudden numbness or weakness of face, arm or leg – especially on one side of your 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

If you or someone you are with have any of these symptoms
Call **911** immediately; every minute counts



Kentucky Heart Disease and Stroke Prevention Program