World-Class PATIENT CARE

Blood Pressure Record

Name

Date of Birth

IMPORTANT: Please remember to take your blood pressure 1-2 hours after you take your medication and when at rest for at least 5 minutes.

DATE	AM	PM	DATE	AM	PM

Heart Attack Warning Signs

1. Fullness, pressure or pain in the center of the chest during exertion and sometimes at rest; pain may come and go and may last more than a few minutes
2. Pain or discomfort may even occur in the arm(s), shoulder(s), back, jaw, neck and may feel like indigestion
3. Shortness of breath, light-headedness, cold sweats and nausea are other warning signs

Stroke Warning Signs

1. Sudden numbness or weakness in the face, arm, or legs, especially on one side of the body
2. Confusion, trouble with speech or understanding that is out of the ordinary
3. Sudden trouble with sight in one or both eyes
4. Sudden loss of balance, dizziness, or coordination
5. An unexplainable, severe headache

Call 911 IMMEDIATELY if you suspect that you are having a heart attack or stroke.

If You Think Someone May Be Having a Stroke

ACT F.A.S.T.	
Face	Ask the person to smile. Does one side of the face droop?
Arms	Ask the person to raise both arms. Does one arm drift downward?
Speech	Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?
Time	If the person shows any of these symptoms, time is important. Call 911 or get to the hospital fast. Brain cells are dying.