

STROKE RISK FACTORS



High Blood Pressure

Healthy Range:
Less than 120/80



High Glucose (Diabetes)

Healthy Range:
70-150



High Cholesterol

Healthy Range:
Less than 200



Heart Disease

Get regular check ups
with your doctor



Smoking

Quitting decreases your risk
of Heart Attack and Stroke



Being Overweight

Exercise and maintain a
healthy diet

www.theaspireprojectdc.org

You may be
having a stroke.
WARNING SIGNS

SUDDEN...

Weakness or numbness of
face, arm, leg

Trouble speaking or understanding

Trouble walking or loss of balance

Loss of vision

Severe headache

It's not too late!
Call 911 immediately

T H E A S P I R E P R O J E C T



TRIUMPH OVER STROKE
Strengthening our community

Learn Your Numbers

My Target numbers

LDL _____ HDL _____ Total cholesterol _____

Blood pressure _____ Weight _____

Glucose Level _____

Target Smoking Quit Date _____

My results

Fill in your results after each visit with your doctor

Checkup Date	Cholesterol	Blood Pressure	Weight
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Doctor contact information _____

Date of my next check up _____