

What Is Blood Pressure?

Blood pressure is the force of blood against the walls of arteries. Blood pressure is recorded as two numbers—the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats). The measurement is written one above or before the other, with the systolic number on top and the diastolic number on the bottom. For example, a blood pressure measurement of 120/80 mm Hg (millimeters of mercury) is expressed verbally as "120 over 80."

Normal blood pressure is less than 130 mm Hg systolic and less than 85 mm Hg diastolic. Optimal blood pressure is less than 120 mm Hg systolic and less than 80 mm Hg diastolic

What is High Blood Cholesterol? What you need to Know

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a "lipoprotein profile" to find out your cholesterol numbers. This blood test is done after a 9- to 12-hour fast and gives information about your:

- Total cholesterol
- LDL (bad) cholesterol--the main source of cholesterol buildup and blockage in the arteries
- HDL (good) cholesterol--helps keep cholesterol from building up in the arteries
- Triglycerides--another form of fat in your blood

If it is not possible to get a lipoprotein profile done, knowing your total cholesterol and HDL cholesterol can give you a general idea about your cholesterol levels. If your total cholesterol is 200 mg/dL* or more or if your HDL is less than 40 mg/dL, you will need to have a lipoprotein profile done. See how your cholesterol numbers compare to the tables below.

Heart Attack Signs and Symptoms

Angina and heart attack have very similar signs and symptoms

- pale, cool skin
- chest pain or discomfort, possibly after exertion, a heavy meal or stress
- 'crushing', 'vice-like', 'squeezing' pain, usually in the center of the chest, with radiation sometimes also in the jaw and arm
- sweating
- rapid, irregular, or weak pulse
- rapid or difficulty breathing nausea and/or vomiting

Treatment for Chest Pain

- **Stop, Sit down and Rest (Don't deny any Chest Pain!)**
- **Immediately Call 9-1-1**
- **Chew or crush and swallow regular aspirin as your doctor has directed.**



Keep Next to Phone

Name: _____

Address: _____

Phone Number: _____

9-1-1

