

SIGNS AND SYMPTOMS OF A STROKE

Call 911 right away if you or someone you know has a sudden onset of any of the following:

- ✓ numbness or weakness of the face, arm or leg, especially on one side of the body
- ✓ confusion, trouble speaking or understanding
- ✓ trouble seeing in one or both eyes
- ✓ trouble walking, dizziness, loss of balance or coordination
- ✓ severe headache with no known cause

Note the time that symptoms started.

Blood Pressure Medication Record – to be filled out and updated with physician

Medication	Date started or changed	Dosage	Notes

Health District

OF NORTHERN LARIMER COUNTY

Blood Pressure Record

Important facts about blood pressure:

- Blood pressure is a measurement of the force of circulating blood against the artery walls.
- It rises and falls normally throughout the day.
- High blood pressure increases risk for heart disease, stroke, kidney disease and other conditions.
- High blood pressure generally has no symptoms.
- High blood pressure can often be prevented with healthy lifestyle behaviors (including healthy nutrition and physical activity) and managed with medications.

Steps you can take to prevent and manage high blood pressure:

- Maintain a healthy weight.
- Be physically active.
- Keep alcohol intake moderate—no more than 1 drink/day for women and 2 drinks/day for men.
- Eat healthy foods; avoid high-sodium foods.
- Don't smoke.
- Manage stress.
- Take medications as prescribed.

