

# MY MEDICAL HISTORY



## HEALTHY LIVING TO PREVENT STROKE

There are several steps you can take to improve the health of your lifestyle and help reduce your risk for experiencing a stroke.

**FOCUS ON NUTRITION.** Healthy food habits can help reduce 3 stroke risk factors:

1. **Poor cholesterol levels**
2. **High blood pressure**
3. **Excess weight**

The American Heart Association/American Stroke Association offers these recommendations for a healthy diet:

- Eat a diet rich in vegetables & fruits (5 or more servings per day).
- Choose whole-grain, high-fiber foods.
- Eat fish at least twice a week.
- Limit cholesterol, saturated fat & trans fat. Avoid partially hydrogenated oils to reduce trans fats.
- Choose lean meats & poultry that are prepared without using saturated or trans fats.
- Select fat-free, 1% or low-fat dairy products.
- Cut back on drinks & foods with added sugars.
- Choose & prepare foods with little salt (sodium).
- If you drink alcohol, do so in moderation. Limit to 1 drink per day if you're a woman or 2 drinks if you're a man.

**GET PHYSICAL.** Physical activity can help to improve many areas of your health including:

- Heart function & lipid profile
- Blood pressure & resting heart rate
- Risk & severity of diabetes
- Strength, balance, & endurance

**IF YOU SMOKE, STOP!** To help quit, you may want to ask your healthcare professional about nicotine replacement therapy. Your family can help by making sure that any other members of the household who smoke also quit. For more resources, visit [KSquit.org](http://KSquit.org) or call 1-800-QUIT-NOW.

### BLOOD PRESSURE HISTORY

DATE	READING 1	READING 2	READING 3
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/

### CURRENT LIST OF MEDICATIONS

MEDICATION NAME & DOSAGE

### MEDICAL HISTORY

NOTES FOR DOCTOR



## HELP KANSAS BECOME STROKE SMART





**STROKE** happens when a clot or rupture interrupts or reduces blood flow to the brain.

**80%**

of strokes can be prevented.



**HIGH BLOOD PRESSURE** can mean greater **RISK OF STROKE.**



Someone in the United States experiences a stroke every **40 SECONDS.**

Every **4 MINUTES**, someone dies of stroke.

**CALL 9-1-1** for fast treatment or get stroke patient to the hospital as quickly as possible

**DID YOU KNOW?**

May is Stroke Awareness Month  
+  
World Stroke Day is on October 29<sup>th</sup>



**B:** OFF BALANCE OR DIZZY  
**E:** VISION CHANGES

**KNOW THE SUDDEN SIGNS OF STROKE**

**B** BALANCE  
**E** EYES

**F** FACE  
**A** ARM  
**S** SPEECH  
**T** TIME

**F:** FACE DROOPING  
**A:** ARM WEAK OR NUMB  
**S:** SPEECH SLURRED  
**T:** TIME TO CALL 9-1-1



Nearly **1 IN 6** Americans don't know they have high blood pressure.

Keep daily limit of sodium less than **1500 MG** if blood pressure is high

Normal blood pressure is considered **BELOW 120/80**

[www.kdhe.ks.gov](http://www.kdhe.ks.gov)  
[www.kissnetwork.us](http://www.kissnetwork.us)



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