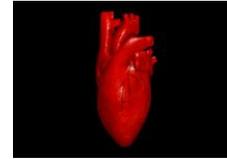




February is...

# American Heart Month



*Read on to learn about preventing heart disease, spotting a stroke, and becoming CPR/AED certified*

## What is cholesterol?

Cholesterol is a waxy substance that comes from within your body but also from the food you eat. There is "good" cholesterol (HDL) and "bad" cholesterol (LDL). Too much of the LDL cholesterol can cause plaque build ups in your arteries which can cause blockages or damage to said arteries.

Eating a healthy diet and exercising regularly can help prevent high cholesterol from causing heart disease, stroke, or heart attack.

## What is blood pressure?

The two numbers tell you the amount of force pushing against your artery walls when the heart is contracting and when the heart is at rest. Untreated high blood pressure causes damage to the walls of the arteries which can result in stroke, kidney damage, vision and/or memory loss, etc.

Are you at risk for HBP?

Other than poor diet and lack of exercise, there are many factors that determine your risk for HBP such as:

- Family history
- Advanced-age
- Gender-related risk patterns
- Overweight/obese
- High alcohol intake
- Stress
- Smoking
- Sleep apnea

## Signs of a stroke

*High cholesterol and high BP can cause cardiac disease, heart attack, or stroke. But, how do you know if someone is having a stroke?*

**F**ace drooping. Ask the person to smile - is it uneven?

**A**rm weakness. Ask the person to lift both arms - are they uneven?

**S**peech difficulty. Is the person slurring his/her words or is he/she hard to understand?

**T**ime to call 911. If the person shows any of these symptoms and even if the symptoms go away, never hesitate to call 911.

*In addition to learning the signs of a stroke, CPR and AED skills are used to save lives of those who are suffering from cardiac arrest or arrhythmias. Visit [www.heart.org](http://www.heart.org) if you are interested in becoming CPR/AED certified or in learning more about heart disease.*

