

*BE ONE IN A MILLION, Make the Commitment
help prevent 1 million heart attacks and strokes in the next 5
years.*

Do You Know Your “ABCS”?

A Do you take **Aspirin**?

- Has your Doctor said you are at risk for a heart attack?
- Talk to your Doctor about taking Aspirin

B Do you know your **Blood Pressure**?

- Should be less than 120/80 (normal) or less than 140/90 if on blood pressure medication
- Have your Doctor take your blood pressure

C Do you know your **Cholesterol Level**?

- Should be less than 200 (mg/dl)
- Have your Doctor check your cholesterol level

S Do you **Smoke**?

- Smoking can raise your chances of having a heart attack or stroke
- Call the Maine Tobacco Help Line at:
1-800-207-1230 to help you quit

*BE ONE IN A MILLION,
Make the Commitment
Go to : millionhearts.hhs.gov*