

Know the warning signs of heart attack and stroke.

Put this magnet on your fridge (at home) or file cabinet (at work). You could save a life, maybe your own!

Warning Signs of a Heart Attack

- Chest hurts or feels squeezed
- One or both arms, back, or stomach hurt
- Pain in the neck or jaw
- Can't breathe
- Light-headed or cold sweat
- Sick to your stomach

Some heart attacks happen suddenly and are intense, but most start slowly.

Act quickly
Call 9-1-1
in 5 minutes or less.

Warning Signs of a Stroke

Signs of a stroke come on **suddenly**:

- Feeling weak or numb on one side of the body
- Cannot understand or talk clearly
- Cannot see well
- Cannot walk very well, feeling dizzy or falling
- Very bad headache

A stroke is a medical emergency.

Act quickly
Call 9-1-1
Every second counts.

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To learn more about diabetes, call the Native Hawaiian Health Care System on your island. Ask about their health and wellness programs, and let them know if you do not have health insurance or a doctor.

- **Nā Pu'uwai**
Moloka'i (808) 560-3653
- **Ke Ola Mamo**
O'ahu (808) 845-3388
- **Hui Mālama Ola Nā 'Ōiwi**
Hawai'i (808) 969-9220
- **Ho'ōla Lāhui Hawai'i**
Kaua'i, Ni'ihau (808) 240-0100
- **Hui No Ke Ola Pono**
Maui (808) 244-4647
- **Ke Ola Hou O Lāna'i**
Lāna'i (808) 565-7204

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Mahalo Piha to our reviewers:

- Association of Hawaiian Civic Clubs
- Ke Ali'i Maka'āinana Hawaiian Civic Club
- 'Ahahui 'O Lili'uokalani Hawaiian Civic Club
- 'Ainahau 'O Kaleponi Hawaiian Civic Club
- Moku'āina A Wakinekona Hawaiian Civic Club
- Las Vegas Hawaiian Civic Club

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Every Hawaiian
should know:
Diabetes
raises your chance
of having a
Heart Attack
and **Stroke**



You can fight back by taking care
of your heart and
controlling your diabetes

Did you know? Diabetes raises your chance of having a heart attack or stroke and can cause these problems at an earlier age.

Be smart about your heart. Know the ABCs of Diabetes.

A is for A1C _____

The A1C (say “A-one-C”) is a blood test that measures your blood sugar (blood glucose) over the last 3 months. High blood sugar can damage many parts of your body.

B is for Blood Pressure _____

High blood pressure makes your heart work too hard. This can lead to heart attack, stroke and kidney disease.

C is for Cholesterol _____

Bad cholesterol, or LDL, builds up and clogs the arteries in your heart. This can cause heart attack or stroke.

Talk with your health care provider to see what your personal goals should be.

Keep up the good work!

All the things you are doing to control your diabetes also lower your chance of heart attack, stroke, and other diabetes problems.



Eat the right amount of foods like fruits, vegetables, fish and low-fat meats, and whole grains (like brown rice). Choose foods that have less salt and fat.



Be active at least 30 minutes most days of the week.



Lose weight and stay at a healthy weight by being active and eating the right amount of healthy foods.



Quit smoking—ask for help if you need it.



Take your medicines just like your doctor tells you to.



Ask your doctor about taking aspirin for your heart.



Turn to others for support. Ask family and friends to help you take care of your heart and your diabetes.



Community members share why they take care of their diabetes and their heart...

“I never knew that diabetes could affect my heart. That’s why my doctor said to really watch my blood sugar, blood pressure, and cholesterol. Now I know when I take care of my diabetes, I’m taking care of my heart too.”

“It’s simple: if I’m healthy, I’ll be around to take care of my family.”

“This is our call to action. Our life is in our own hands. Control is the main thing we need to do. The power lies *within the Hawaiian.*”

