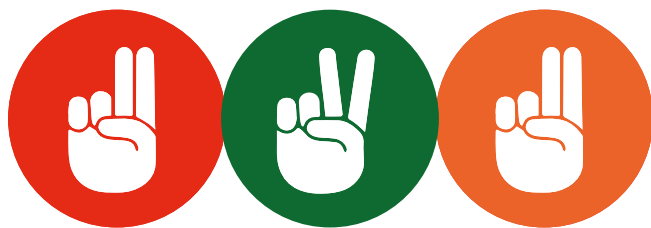


# Feel the Pulse

and reduce your risk of stroke

**2x2x2** the easy  
way to remember  
to take your pulse



**2 Fingers**

**2 Times  
a Day**

**For 2  
Weeks**

**Position your hand with your palm facing upwards and put two fingers on your wrist at the base of your thumb.**

**Press down gently until you feel your pulse and count the number of beats you feel. You should get between 60-100 per minute.**

**If your pulse feels irregular or you have difficulty feeling your pulse contact your doctor or call the Irish Heart Helpline Freephone 1800 25 25 50**

| DAY |         | REGULAR | IRREGULAR |
|-----|---------|---------|-----------|
| 1   | Morning |         |           |
|     | Evening |         |           |
| 2   | Morning |         |           |
|     | Evening |         |           |
| 3   | Morning |         |           |
|     | Evening |         |           |
| 4   | Morning |         |           |
|     | Evening |         |           |
| 5   | Morning |         |           |
|     | Evening |         |           |
| 6   | Morning |         |           |
|     | Evening |         |           |
| 7   | Morning |         |           |
|     | Evening |         |           |
| 8   | Morning |         |           |
|     | Evening |         |           |
| 9   | Morning |         |           |
|     | Evening |         |           |
| 10  | Morning |         |           |
|     | Evening |         |           |
| 11  | Morning |         |           |
|     | Evening |         |           |
| 12  | Morning |         |           |
|     | Evening |         |           |
| 13  | Morning |         |           |
|     | Evening |         |           |
| 14  | Morning |         |           |
|     | Evening |         |           |



**Irish Heart**  
*Let's live life better*



**Bristol-Myers Squibb**

