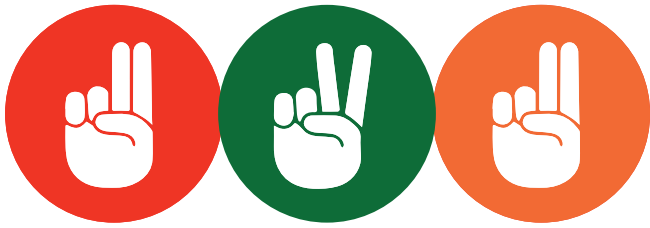


# Prevent a Stroke Feel the Pulse

**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 Foundation's Heart and Stroke 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  
Foundation**



Bristol-Myers Squibb

