SCARSTORIES · A LITTLE COMPANY ON THE WAY

Community resources

Prepared for your next conversation and the days ahead.

Reading your own blood pressure numbers

What systolic and diastolic mean, what your target probably is, and when a reading matters.

Sodium without the guesswork

How to read a label in either language, and the five foods that carry most of the load.

Going back to work after a cardiac event

Timelines, conversations with your employer, and pacing the first month back.

For discussion and personal reference. Your care team’s individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.