

KNOW YOUR RISK. LOWER YOUR RISK.

Every **40** seconds,
someone has a stroke



The good news is that stroke can be prevented.

WHAT IS A STROKE?

A stroke, sometimes called a “brain attack,” occurs when blood flow to the brain is interrupted.



2 MAJOR KINDS OF STROKE

MOST COMMON:

Ischemic stroke

is caused by a blockage of blood vessels in the neck or brain, most often caused by a blood clot or severe narrowing of the blood vessels.

SECOND MOST COMMON:

Hemorrhagic stroke

is caused by a blood vessel in the brain that breaks and bleeds into the brain.



Exercise



Eat Healthy



Control Cholesterol



Manage Diabetes



Quit Smoking



Treat High Blood Pressure