

Know Stroke

6 Ways to Lower Stroke Risk

Disrupt stroke before it completely disrupts your life.



**Exercise &
Be Physically
Active**



**Treat High
Blood
Pressure**



**Eat
Healthy**



**Quit
Smoking**



**Manage
Diabetes**



**Control
Cholesterol**

The stroke rate is rising in young adults under 49.
The earlier you take action to prevent stroke, the better.



National Institute of
Neurological Disorders
and Stroke

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