

Know Stroke **Take Preventive Action**

Disrupt stroke before it completely disrupts your life.

The best way to prevent stroke, a leading cause of disability and death, is by lowering your risk. You're at higher risk if you smoke, are physically inactive, are a person with obesity, or have high blood pressure, high cholesterol, heart disease, or diabetes. The sooner you start taking steps to lower your risk, the better.

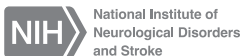
Stroke can happen to anyone — even if you're young

About 800,000 people suffer a stroke each year in the United States. While nearly three-quarters of strokes occur in people over 65 and the risk about doubles each decade after age 55, the stroke rate is rising in young adults under 49.

Why stroke causes severe disruption

Stroke occurs when blood flow to the brain is interrupted. When this happens, brain cells begin to die because they stop getting oxygen and nutrients. Damage to cells and brain connections following a stroke can cause severe problems with movement, balance, sensation, swallowing, thinking, memory, and understanding language — not to mention emotional problems. These seen and unseen effects can be life-shattering.

Getting to a hospital quickly saves lives and increases the chances for successful recovery.



6 Ways to Lower Stroke Risk



**Treat High
Blood Pressure**



**Exercise &
Be Physically
Active**



**Eat
Healthy**



**Control
Cholesterol**



**Manage
Diabetes**



**Quit
Smoking**

Prevention for stroke survivors

While about 200,000 strokes per year in the U.S. occur in people who have already had one or more strokes, the good news is that you can reduce the risk of having more strokes. Ask your doctor which of the “6 Ways to Lower Stroke Risk” steps you should take and about medications that can help.


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