

SIX WAYS TO LOWER YOUR RISK FOR STROKE

WHAT IS A STROKE?

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



MANAGE YOUR CHRONIC HEALTH CONDITIONS TO LOWER YOUR RISK FOR STROKE



Treat High Blood Pressure

Keeping your blood pressure under control is the most important thing you can do to avoid stroke.



Manage Diabetes

Diabetes causes destructive changes in the blood vessels in the brain, increasing your risk for stroke.



Treat High Cholesterol

Too much cholesterol in your blood can build up on artery walls, putting you at risk for stroke.

MAKE LIFESTYLE CHANGES TO LOWER YOUR RISK FOR STROKE



Quit Smoking

Cigarette smoking can double your risk of stroke by damaging blood vessels or causing them to narrow and thicken.



Eat Right

A diet rich in fruits and vegetables and low in sodium and saturated fat can improve your health.



Exercise Regularly

Obesity and physical inactivity contribute to high blood pressure, diabetes and high cholesterol.