

STROKE RISK REDUCTION STRATEGIES



Maintain a healthy diet

Eat plenty of fresh fruits and vegetables!



Limit eating foods with high saturated fats, trans fat, salt (sodium), and cholesterol.



Develop an exercise routine

Anything that gets your body moving can be considered exercise including:

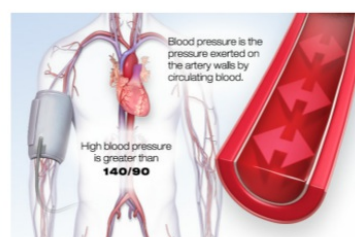
- Walking
- Carrying groceries
- Taking the stairs instead of the elevator or escalator
- Parking your car further away



Measure and monitor your blood pressure

"High blood pressure can damage arteries throughout the body.

Weakened arteries in the brain put you at a much higher risk for stroke."²



Maintain a healthy weight

Exercising and eating healthy foods will help you maintain a healthy weight.



Quit smoking

"Cigarette smoking can damage the heart and blood vessels, which increases your risk for stroke.

Nicotine raises blood pressure, and carbon monoxide reduces the amount of oxygen that your blood can carry."¹



Take all prescribed medications

Keep your cholesterol at a healthy level

"A total cholesterol score of less than 180 mg/dL is considered optimal."



Think about your emotional health and well-being

Sleep is needed for your body to recharge.

Getting enough sleep every night helps in maintaining a healthy weight!

It is very important to follow the directions of all prescribed medication.

Always contact a health professional if you have any questions.

Do things that positively impact others.

Try taking an adult education class, joining a book club, visiting a museum, or traveling somewhere new.

Manage your stress levels. When stressed, count to five and take several deep breaths.

References:
1. <http://www.cdc.gov/stroke/behavior.htm>
2. http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/WhyBloodPressureMatters/Stroke-and-High-Blood-Pressure_UCM_301824_Article.jsp
3. http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/What-Your-Cholesterol-Levels-Mean_UCM_305562_Article.jsp