Prevent Stroke

- See your doctor regularly
- Learn about your risk factors
- Learn how to change your risk factors

Risk factors increase your chance of having another stroke.
Make changes to reduce your risk factors.
Small life changes can help you prevent stroke.
# Risk factors for stroke

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>High blood pressure</td>
<td>• Damages arteries and organs</td>
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<tr>
<td></td>
<td>• Top cause of stroke</td>
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<tr>
<td>Poor diet</td>
<td>• Eating too much saturated fat, trans fat, sugar or sodium</td>
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<tr>
<td>Diabetes</td>
<td>• High blood sugar</td>
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<tr>
<td>High cholesterol</td>
<td>• Can cause blockage in your arteries</td>
</tr>
<tr>
<td>Inactivity</td>
<td>• Not exercising</td>
</tr>
<tr>
<td></td>
<td>• Being overweight</td>
</tr>
<tr>
<td>Abusing tobacco, alcohol or drugs</td>
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Change your risk factors

How to change **high blood pressure**
- Ask your doctor about **medications**
- Eat a **healthy diet**
- **Exercise** and physical activity

How to change **poor diet**
- Ask a doctor or **dietician** for help
- Eat **less** fat (meat, butter, and cream)
- Eat **less** sugar and salt
- Eat **more** fruits and **vegetables**
- Eat **more** whole grains, **fish**, and **lean meats**
- **Boil** or **bake** foods. **Don’t** fry.
How to manage diabetes
• Ask your doctor about medications
• Eat a healthy diet
• Exercise and physical activity

How to change high cholesterol
• Ask your doctor about medications
• Eat a healthy diet
• Exercise and physical activity

How to change inactivity
• Get 30 minutes of physical activity
• Physical activity such as walking can lower blood pressure and cholesterol
• A physical therapist can help if you have limited mobility.
How to change tobacco use

• **Stop smoking.** Ask your doctor for help.
• Lifestyle changes, counseling, and medications can help.
• **Avoid** secondhand smoke.

How to change alcohol or substance abuse

• Ask your doctor for help.
• Community programs and counseling can help you make **lifestyle changes**.
• **Reduce** alcohol consumption.
  – Men: 2 drinks or less per day
  – Women: 1 drink or less per day