Reduce Your Risk of Stroke

Stroke Prevention Tips
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Stroke Facts

• About eight hundred thousand Americans have a stroke every year

• One in four people who had a stroke will have another

• To reduce impact of stroke:
  o Learn risk factors
  o Improve heart health
  o Identify and respond to stroke quickly
Understand Your Risk Factors

• Heredity
  o if family members had a stroke your risk is increased

• History of Transient Ischemic Attack
  o Stroke-like symptoms lasting minutes or hours
  o Warning signs of stroke
  o One or more = ten times more likely to have stroke
Understand Your Risk Factors

• Medical Conditions
  o **Heart health** problems increase stroke risk
  o **High blood pressure**
  o Atrial fibrillation or Afib
  o Fibromuscular dysplasia

• Age
  o After **fifty-five** chance of stroke **doubles** every decade
Understand Your Risk Factors

• Race
  o African-Americans increased risk
    ▪ Increased risk for high blood pressure
    ▪ Increased risk of obesity and diabetes

• Gender
  o **Women** have increased risk
    ▪ Live longer
What can you do?

• Cannot control all risk factors
  o Age, race, medical history

You can:

• Talk to your doctor
• Lifestyle changes
Talk to Doctor About

- Heredity
  - Alert doctor of family history of stroke

- High Blood Pressure
  - Number one cause of stroke
  - Healthy eating and physical activity
  - Possible medications
Talk to Doctor About

- Heart disease
  - Aspirin or blood thinning therapy
  - Surgical options

- High Cholesterol
  - Clogs arteries
  - Healthy eating and physical activity
  - Possible medications
Talk to Doctor About

• Other factors to discuss and control
  o Can increase stroke risk
    ▪ Sleep Apnea
    ▪ Diabetes
    ▪ Circulation Problems
    ▪ Hormones
Things to do at Home

• Work to improve heart health

• Lifestyle tips
  o **Stop smoking**
    ▪ Increases blood clot formation
    ▪ Counseling
    ▪ Can talk to doctor

  o **Eat healthy**
    ▪ Fruits and vegetables
    ▪ Limit salt and fat
Things to do at Home

- Lifestyle tips

  - Keep healthy weight
    - High weight increases risk factors

  - Be active
    - Physical activity improves heart health
    - Lowers weight and stress
    - Thirty minutes a day
      - Can break up
Signs of stroke

- Act fast

- **Face**
  - Drooping on one side

- **Arms**
  - Are arms even when raised

- **Speech**
  - Slurred or strange

- **Time**
  - Call **9-1-1 immediately**
Reference

Adapted from: