

Reduce Your Risk of Stroke

Stroke Prevention Tips

Table of Contents

Section	Page
Stroke Facts	3
Understanding Risk Factors	4
Talk to Doctor About.	8
Things to do at Home	11
Signs of Stroke	13
Reference	14

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:
 - Learn risk factors
 - Improve heart health
 - Identify and respond to stroke quickly

Understand Your Risk Factors

- Heredity
 - if family members had a stroke your risk is increased

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

Understand Your Risk Factors

- Medical Conditions
 - **Heart health** problems increase stroke risk
 - **High blood pressure**
 - Atrial fibrillation or Afib
 - Fibromuscular dysplasia
- Age
 - After **fifty-five** chance of stroke **doubles** every decade

Understand Your Risk Factors

- Race
 - African-Americans increased risk
 - Increased risk for high blood pressure
 - Increased risk of obesity and diabetes
- Gender
 - **Women** have increased risk
 - Live longer

What can you do?

- Cannot control all risk factors
 - 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
 - Can increase stroke risk
 - Sleep Apnea
 - Diabetes
 - Circulation Problems
 - Hormones

Things to do at Home

- Work to improve heart health
- Lifestyle tips
 - **Stop smoking**
 - Increases blood clot formation
 - Counseling
 - Can talk to doctor
 - **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:

National Stroke Association. (2015). Reduce Your Risk of Stroke Starting Now [Brochure].