



BE AWARE AND PREPARE: STROKE PREVENTION

80 percent of strokes are preventable. Education and preparation can help you lower YOUR stroke risk for a healthier life!

KNOW YOUR RISK

High blood pressure is the leading cause of stroke. Get tested to learn more about your blood pressure health! Other stroke risk factors include:



Smoking



Diabetes



Inactivity



Obesity



High
Cholesterol



Heart
Arrhythmias

LOWER YOUR RISK



Stop
smoking



Exercise at least 150
minutes a week



Lose weight



Eat a healthy diet
with at least 5 daily
servings of fruits
and veggies.



Reduce stress



Limit alcohol intake
to 1 or 2 drinks a day



Attend regular
checkups