

Lowering Your Risk for Stroke

Fast Facts

A stroke, sometimes called a “brain attack,” occurs when fatty deposits or debris block blood supply to part of the brain (ischemic stroke) or when a blood vessel in the brain bursts (hemorrhagic stroke). **Every 40 seconds**, someone in the United States has a stroke – **more than 795,000 Americans every year**. While these numbers may be alarming, **up to 80% of strokes could be prevented** through healthy lifestyle changes and working with your family doctor to control health conditions that raise risk for stroke.

WAYS TO LOWER YOUR RISK FOR STROKE

MANAGE YOUR CHRONIC HEALTH CONDITIONS



TREAT HIGH BLOOD PRESSURE

Keeping your blood pressure under control is the most important thing you can do to avoid stroke.



MANAGE DIABETES

Diabetes causes destructive changes in the blood vessels in the brain, increasing your risk for stroke.



TREAT HIGH CHOLESTEROL

Too much cholesterol in your blood can build up on artery walls, putting you at risk for stroke.

MAKE LIFESTYLE CHANGES



QUIT SMOKING

Cigarette smoking can double your risk of stroke by damaging blood vessels or causing them to narrow and thicken.



EAT RIGHT

A diet rich in fruits and vegetables and low in sodium and saturated fat can improve your health.



EXERCISE REGULARLY

Obesity and physical inactivity contribute to high blood pressure, diabetes and high cholesterol.

SOURCES: Stroke.org, CDC, AHA Journals, National Institute of Health