

SIMPLE LIFESTYLE CHANGES TO HELP

PREVENT A STROKE

1 IN 6 OF US

will have a stroke in our lifetime.
MOST STROKES ARE PREVENTABLE.



American
Stroke
Association.
A division of the
American Heart Association.

You have the power to prevent a stroke by controlling your high blood pressure and taking these steps to live a healthier lifestyle.



MANAGE BLOOD PRESSURE

1 IN 3 OF US has high blood pressure, the #1 controllable risk factor for stroke.

Give your arteries their best chance to remain clear of blockages.

CONTROL CHOLESTEROL



REDUCE BLOOD SUGAR

Adults with diabetes are 2 to 4 times more likely to have heart disease or a stroke.

30 minutes a day, 5 times a week is an easy goal to improve your heart and brain health and help prevent a stroke.



GET ACTIVE

EAT BETTER

Incorporate more fruits and vegetables into your diet, and decrease your sodium intake to less than 1,500 mg per day.



STOP SMOKING

Stroke risk is 2 to 4 times higher among smokers than nonsmokers.



LOSE WEIGHT

Nearly 70% of American adults are overweight or obese - obesity increases your risk for a stroke.



Business & Industry Health
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