

# SIX WAYS TO LOWER YOUR RISK FOR STROKE

## WHAT IS A STROKE?

A stroke, sometimes called a “brain attack,” occurs when blood flow to the brain is interrupted.



## MANAGE YOUR CHRONIC HEALTH CONDITIONS TO LOWER YOUR RISK FOR STROKE



### 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 TO LOWER YOUR RISK FOR STROKE



### 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.