

PROTECT YOUR LIFEBLOOD

Health problems can be a danger to the life-giving flow of blood to your brain. Control these risk factors to help prevent stroke:

- High blood pressure
- Diabetes
- High cholesterol
- Overweight
- Alcohol use
- Lack of exercise
- Smoking or exposure to tobacco smoke
- Atrial fibrillation

Your risk of stroke is greater if a parent, brother or sister has had a stroke. Stroke risk doubles every decade after age 55. These risk factors make it even more important to take charge of your health.

- Family history
- Over age 55
- Heart attack or heart disease
- Previous stroke or mini-stroke



SUDDEN AND LIFE-CHANGING

Stroke is a leading cause of disability in adults.

Those who survive a stroke may spend the rest of their lives recovering from it.

Ask your doctor how you can lower your risk of stroke.

Most strokes can be prevented by a healthy life style.

A healthy diet can help prevent build-up that slows blood flow in your arteries.

- Eat lots of fruits and vegetables.
- Avoid saturated fats.
- Stay away from fried and greasy foods.

Limit sodium and alcohol. These contribute to high blood pressure—a major risk factor for stroke.

- Check food labels for sodium.
- Limit alcohol to 2 drinks a day for men and 1 drink a day for women.

Stroke is 4 times more likely for smokers. Secondhand smoke adds stroke risk too.

- Quit smoking commercial tobacco.
- For help, call 1-855-372-0037.
- www.MTAmericanIndianQuitline.com



High blood pressure is present in 3 of every 4 first strokes.

- Know your blood pressure
- Take prescribed medications as directed by your doctor.

The ideal blood pressure is less than 120/80.

Be active every day. Walking for 30 minutes a day can help lower your risk of stroke.

Maintain a healthy weight. Weight loss could help you lower other risk factors too.

