

STROKE HARMS THE FLOW OF LIFEBLOOD

Diichikaatah • Take good care of yourself to prevent stroke



PROTECT THE LIFEBLOOD TO YOUR BRAIN.

CONTROL YOUR RISK FACTORS:

High blood pressure • Diabetes • High cholesterol • Overweight • Atrial fibrillation

MAINTAIN A HEALTHY LIFE STYLE:

Eat lots of fruits and vegetables • Reduce sodium and fat
Limit alcohol use • Exercise often • Quit smoking commercial tobacco

Talk to your doctor about your chances of stroke.



Learn more:  665-5492

Crow Diabetes Program, 679-3066

