

Take control of your health by controlling your controllable risk factors! It is estimated that 85% of all strokes can be prevented with the lifesaving knowledge of contributing health variables and symptoms, paired with proper lifestyle choices.

Tips to Prevent Stroke

- **Get your blood pressure checked.** High blood pressure (also known as hypertension) is a major risk factor for both heart attack and stroke. Even moderate reductions can lower risk significantly. Ideal blood pressure is 120/80.
- **Have your cholesterol checked.** If you are at high risk for stroke, your LDL “bad” cholesterol should be lower than 100 mg/dL. Cholesterol contributes to the plaque that can clog arteries, including those in the brain.
- **Avoid fatty foods and follow a healthy, low-fat diet.** First and foremost, keep your sweets under control (especially since diabetes increases stroke risk). Second, avoid trans-fats — partially hydrogenated oils used in processed and fried foods.
- **Keep your blood slippery.** Reduce the risk of a stroke naturally with healthy omega 3s. Slippery blood platelets cannot stick together to form a clot.
- **Drink plenty of water.** Proper hydration helps to keep your blood lubricated; whereas dehydrated people have sludgy blood. The most common recommendation is to drink a minimum of eight 8-oz. glasses of water daily.
- **Exercise regularly.** Physical activity helps to keep all systems healthy. It promotes beneficial blood viscosity and opens up capillaries for ideal blood flow.
- **Quit smoking!** Smoking causes sludgy, viscous, and inflamed blood. Stopping smoking can improve your health tremendously. And always avoid second-hand smoke.
- **Relax.** Anger and stress fuel the flames of inflammation in the arteries and blood. Moderate your emotions and practice stress-relieving tactics.
- **Talk to your doctor.** You have control of most risk factors, however it is important to speak with your medical provider about your uncontrollable risk factors, including age, heredity, race, gender, previous strokes, and other conditions (such as atrial fibrillation and certain blood disorders).