



6 steps to reduce your risk for a stroke

According to the World Stroke Organization, you can take these 6 steps to reduce your risk of stroke—a blockage or bleeding in your brain:

1. Know your personal risk factors: high blood pressure, diabetes, and high blood cholesterol.
2. Be physically active and exercise regularly.
3. Avoid obesity by keeping to a healthy diet.
4. Limit your alcohol intake.
5. Avoid cigarette smoke. If you smoke, seek help to stop.
6. Learn to recognize the warning signs of a stroke: a sudden numbness, especially on one side of the body; sudden trouble speaking or seeing; loss of balance; and a sudden severe headache with no apparent cause.

Stroke is a call-911 medical emergency!