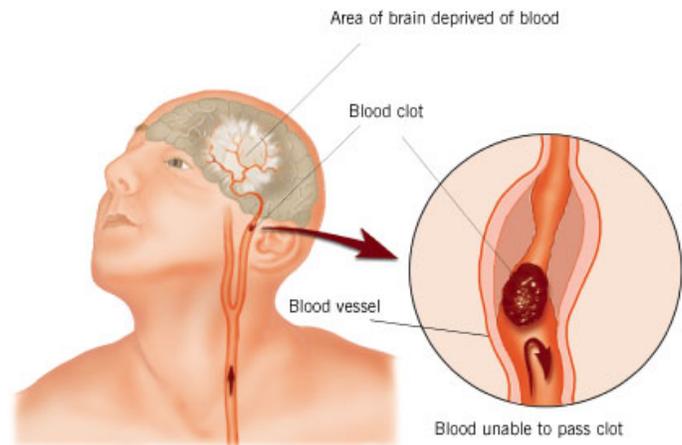


Stroke

Stroke is the leading cause of long-term disability and the 3rd leading cause of death. More than 700,000 Americans will have a stroke this year.

A stroke occurs when the part of the blood supply to the brain is stopped and brain cells don't get enough oxygen. Strokes can result in difficulty speaking and paralysis.



The risk of stroke increases with age. Having a stroke can happen at any age, but the chance of having a stroke greatly increases after the age of 55.

Stroke is more common in men and individuals whose parent, grandparent or sibling had a stroke. The risk for African Americans is much higher than any other group.

There are many things that can increase the chances of stroke. Many of these we can control. By controlling or changing what we can control, the risk for stroke is reduced.

Smoking is the #1 preventable risk factor for stroke. If you smoke, quit. Your health care team can help you.

Diabetes increases your risk for stroke. If you have diabetes, learn how to manage it. Know what the goal for your daily blood sugars. A hemoglobin A1C less than 7 indicates good diabetes control.

Stroke

High Blood Pressure is a major cause of stroke. If you have high blood pressure, work with your health care provider to get it under control. Eating a healthy, balanced diet and maintaining a healthy weight helps to keep blood pressure under control. Blood pressure control is even more important if you have diabetes.



High Cholesterol can cause build-up in your arteries. This can slow blood flow to your brain, heart and other organs and can result in a stroke.

Overweight and obesity can result in high blood pressure. Losing weight, eating a healthy diet and exercising can lower your blood pressure. Talk to your health care team about *MOVE!* weight management.

Physical inactivity can result in overweight and obesity. This can increase your risk for stroke. Aim for 30 minutes of physical activity most days of the week.

Excessive alcohol can raise your blood pressure. Alcohol should be limited to 1 drink/day for women and 2 drinks/day for men.

Individuals sometimes respond to stress by smoking, drinking alcohol or eating high-fat, high-calorie foods. However, there are healthier ways to manage stress. Physical activity is one way. Learn stress management techniques that work for you.

