Stroke

AVOID IT

“I’ve read that almost 80% of all strokes can be avoided – but how?”

Get your blood pressure checked. High blood pressure is a major risk factor for stroke. A health care provider can help you get your blood pressure under control.

Get your cholesterol checked. High cholesterol levels can clog arteries and cause a stroke. Talk to your doctor about having your cholesterol checked and what you can do to lower it if it measures more than 200.

Control your diabetes. Failing to control your blood sugar can lead to other health problems that are major risk factors for stroke.

Find out if you have Atrial Fibrillation. “Afib” is an abnormal heart rate and can significantly increase your risk of stroke by causing blood to pool and possibly clot inside your heart.

Maintain a healthy weight. Extra weight puts strain on your blood vessels and can cause other stroke risk factors like high blood pressure, high cholesterol and diabetes. You should exercise and eat healthy. Talk to your health care provider about establishing a plan that will work for you.

Quit smoking. Smoking actually doubles your risk for stroke.

Drink alcohol in moderation. If you drink alcohol, drink no more than two drinks each day. If you don’t drink alcohol, don’t start.

SummitHealth.org