

Stroke Prevention

There are many risk factors that can increase your chances of having a stroke. Some risk factors you can control and others you can not. By controlling as many factors as you can you can decrease your chances of having a stroke. You can make a difference in your health.

Risk factors you can affect:

- High blood pressure
- Illegal drug abuse or alcohol abuse
- High cholesterol levels
- Smoking
- Diabetes
- Atrial Fibrillation
- Use of Oral Contraceptives

Risk factors you can not affect:

- Prior stroke
- Prior transient ischemic attack (TIA)
- Age – Risk of stroke doubles every decade after 55
- Family members who have had a stroke
- Gender – males have an increased risk
- Race and ethnicity – Blacks, Asians, and Hispanics have an increased risk
- Blood disorders which increase clotting in sickle cell disease and polycythemia

Preventative Measures:

Along with controlling as many risk factors as you can there are other preventative measures that you can take to help minimize your risk of having a stroke.

- Exercise Regularly
- Maintain a healthy weight
- Eat fruits and veggies and limit your salt and fat intake
- QUIT SMOKING
- Only drink alcohol in moderation (no more than 1-2 drinks per day)
- Stop the use of recreational drugs
- Frequently check blood pressure and follow doctor recommendations for keeping it in a safe range
- Keep chronic medical conditions under control (such as high cholesterol and diabetes)
- **CALL 9-1-1** if you have symptoms of a stroke, even if symptoms stop.



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