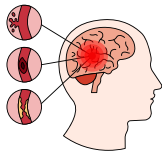


STROKE IS PREVENTABLE

A stroke is a blockage or break in the blood vessels of the brain. 80% of strokes can be prevented.



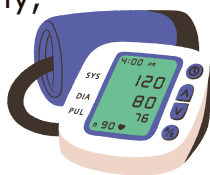
Take Action Now to Reduce Your Risk

Stroke can be prevented by making healthy choices and managing your risk factors.

Monitor Blood Pressure

High blood pressure is the #1 risk factor for stroke.

Check blood pressure regularly, keep a record to review with your doctor, and take your medications as directed.



Target less than 140/90

If you are diabetic, target less than 130/80

Manage Stress

Recognize what causes you to feel stressed. Find ways to manage stress with healthy habits:

- Meditation and relaxation exercises
- Being physically active
- Eating a balanced diet
- Getting enough rest
- Doing activities you enjoy



Be More Active

Physical activity helps maintain a healthy weight, lower cholesterol, and reduce high blood pressure. Start slowly, set goals, and gradually increase. Find ways to be more active every day such as brisk walking, taking the stairs.



Quit Smoking & Vaping

One of the best things you can do to lower your risk is to quit.



Quitting is hard. Make a plan for quitting. Ask your doctor or nurse for help.

Drink Less Alcohol

Heavy drinking and binge drinking can increase risk of stroke.



If you drink alcohol, limit yourself to small amounts, pace yourself, and consider alcohol-free days.

Quit Recreational Drug Use

Drugs such as cannabis, cocaine, and amphetamines can increase risk of stroke.

For support to quit:

- talk with your doctor or nurse
- reach out to addiction services in your community.



Make Healthy Food Choices

- Eat more fruits & vegetables
- Choose whole grain foods
- Limit highly processed foods
- Cook at home more often
- Reduce salt
- Drink water throughout the day



For more information visit:

<https://cesnstroke.ca/stroke-education-resources-for-patients/>

