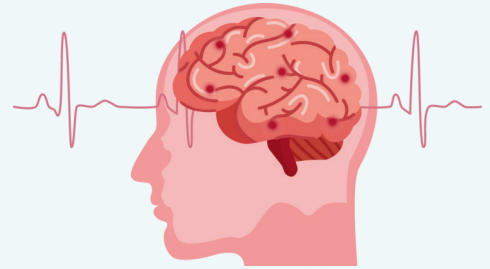


Stroke Prevention

What is **Stroke**?

A **stroke** is caused by interrupting blood flow to the brain due to a clot or bleeding when a blood vessel bursts. This cuts off the supply of oxygen and nutrients, causing damage to the brain tissue. A stroke can also cause long-term disability or even death.



Stroke Symptoms - Learn the Warning Signs

B



BALANCE

Loss of balance, headache, or dizziness

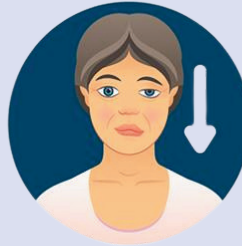
E



EYES

Blurred vision

F



FACE

One side of the face drooping

A



ARMS

Weak in the arms or legs

S



SPEECH

Difficulty speaking

T



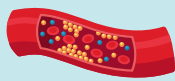
TIME

Call for an ambulance immediately

Common Health Conditions and Behaviors That Increase the Risk for **Stroke**



High blood pressure



High cholesterol



Heart disease



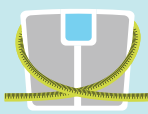
Diabetes



Unhealthy diet



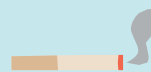
Lack of physical activity



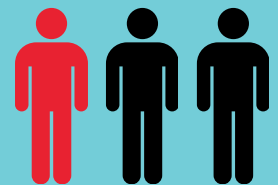
Obesity



Excessive alcohol use



Tobacco use



1 in 3 people in the US has at least one of these conditions or habits!

What You Can Do to Prevent **Stroke**

- Check cholesterol
- Control blood pressure
- Control diabetes
- Treat heart disease
- Take your medicine
- Keep a healthy weight
- Don't smoke
- Regular physical activity
- Limit alcohol
- Limit salt and fat intake
- Eat more fresh fruits and vegetables

Up to 80% of strokes in the U.S. are preventable!



To learn more about our doctor's group, call Member Relations: (415) 590-7418

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